

KEYNOTE SPEAKER

LT. JOE MORGAN

Resilience & Recovery Strategist | Retired D.C. Fire Lieutenant

*“It doesn't matter how tired you get.
It matters how quickly you recover.”*



1500° FIRE TEMP	NEARLY 62% BODY BURNED	40+ SURGERIES	5% × 2 SURVIVAL ODDS	14 YRS FIRE SERVICE	26+ YRS PEER SUPPORT & SPEAKING
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Given a 5% chance to survive a 1,500-degree house fire — and years later, a 5% chance again when cancer overtook 95% of his bone marrow — Lt. Joe Morgan teaches audiences how to focus on what remains and recover fast when life turns up the heat. His keynotes pair high-stakes storytelling with practical recovery frameworks for leaders, teams, and organizations under pressure.

Not a new story — a lived practice. The year after his injury, Joe began volunteering at the Washington Hospital Center Burn Department, supporting fellow burn and trauma survivors, including survivors of 9/11. He and his wife are both Certified Peer Supporters through the Phoenix Society for Burn Survivors. Joe also serves on the board of the DC Firefighters Burn Foundation, which funds the Burn Center at MedStar Washington Hospital Center. The platform is new. The work is over 25 years old.

SIGNATURE KEYNOTES

When the Heat Rises	Leading under pressure using the A.W.A.R.E. framework — Joe's flagship keynote for corporate, association, and government audiences.	FLAGSHIP KEYNOTE
The Power of Recovery	The R.E.C.O.V.E.R. framework — a workshop-ready process for bouncing back fast from setbacks, burnout, and mistakes.	WORKSHOP
Twice Saved From the Fire	A faith-based testimony of survival, salvation, and purpose — once from the flames, twice by grace.	FAITH-BASED
The Limitations of My Scars	Joe's visible scars as a doorway into the invisible ones we all carry — for healthcare, education, veterans', and personal development audiences.	FULL TREATMENT

“What stands out about Joe's speaking is how powerful it is to have someone with lived experience speak authentically — not just about the triumphs, but also the struggles. This message brings knowledge and hope to healthcare providers, trauma survivors, first responders, and the broader community.”

— Dr. Kimberly Roaten, PhD, ABPP, UT Southwestern Medical Center

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