

Joe Delagrave

Husband | Father | Speaker | Coach



About Joe

GUIDING TEAM USA
AND INSPIRING BEYOND
THE GAME

Joe Delagrave is a **Paralympic medalist, world champion, elite coach, and sought-after keynote speaker** whose work centers on resilience, leadership, and navigating change.

At age 19, Joe's life changed forever when a boating accident left him paralyzed. A collegiate football player at Winona State University, he was forced to reimagine his future—ultimately discovering wheelchair rugby and a new path forward.

Joe became a two-time Paralympian, Paralympic medalist, and World Champion, and is the only wheelchair rugby athlete to be named U.S. Quad Rugby Association Athlete of the Year twice. After retiring from competition, he transitioned into coaching and **now serves as head coach of USA Wheelchair Rugby**, leading Team USA to podium finishes at the highest international level, including a silver medal at the Paris Paralympic Games.

Beyond sport, Joe brings **uncommon depth** and humor to the stage as a professional counselor with a background in consulting. His keynotes blend lived experience with practical frameworks for **resilience, mindset, and leadership**. He lives in Nashville with his wife, April, and their three children.



Signature Keynotes & Presentation Topics



PUSH WITH PURPOSE

A powerful look at how intentional effort, clear values, and resilience drive meaningful progress—on the court, at work, and in life.

THE RESILIENT MINDSET

Practical strategies for bouncing back, staying focused, and turning challenges into growth opportunities.

IDENTITY IN MOTION

Exploring how personal values and purpose drive performance and decision-making on and off the field.

BUILDING COMMUNITY THROUGH SPORT

Lessons on fostering connection, collaboration, and inclusion to create stronger teams and communities.

EMBRACING CHANGE

How adaptability and continuous reinvention fuel success in competitive, unpredictable environments.

Testimonials

"He had us **laughing and crying the entire way** through! Weeks later, our staff still haven't stopped talking about his visit! Joe was **one of the best presenters we've ever had** at Organic Valley, and he will always be welcome here!"

Amber Wendorf
Organic Valley

"His humor and personality engaged the room! His story and what he has been able to achieve is **inspiring for any group**. I am thankful that he was able to be part of our experience."

Dana Moody
Red Bull Director of on Premise National Accounts

"You know it's a "slam dunk" when guests are jotting down takeaways from his journey that can be applied to their own life post-event! **Joe has a special gift of being truly relatable**, surprisingly humorous and very effective at helping to connect the dots between personal circumstance. Just a remarkable night"

Natalie Tollefson
Gundersen Health System





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