



JOE DELAGRAVE

PARALYMPIAN | WORLD CHAMPION | COACH

Joe Delagrave is a former college football player turned Paralympian whose inspiring story of resilience and leadership has touched countless lives. After a life-altering accident left him paralyzed at the age of 19, Joe refused to let adversity define him. Instead, he discovered wheelchair rugby, rising to become a captain of Team USA and earning a Paralympic medal. As a keynote speaker, Joe shares his journey of perseverance and transformation, empowering others to overcome challenges, lead with purpose, and unlock their full potential. His message serves as a testament that life's toughest moments can lead to extraordinary achievements when faced with determination and heart.

KEYNOTE

CORPORATE

YOUTH EVENTS

SIGNATURE TOPICS

Overcoming Adversity: In both life and career, adversity is inevitable—but how we choose to respond shapes our success. Joe shares his journey of navigating life after a paralyzing accident and rising to become a Paralympic medalist. His story proves that adversity isn't the end—it's the beginning of a new, empowering path forward.

Performing Under Pressure: Drawing from his experiences as a wheelchair rugby captain on the Paralympic stage, Joe reveals the strategies that helped him perform under immense pressure. His insights into focus, preparation, and adaptability equip audiences to stay calm and confident when the stakes are highest, whether in business, sports, or life.

Assess Your S.E.L.F.: Joe's signature framework, Assess Your S.E.L.F., is designed to empower individuals and teams to unlock their potential. He guides audiences through understanding their Strengths, managing their Emotions, embracing authentic Leadership, and maintaining Focus to overcome challenges and achieve their goals.

"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*

ADDITIONAL TOPICS

- Innovation & Achievement
- Goal Setting
- Finding Your Passion
- Positivity & Mental Well-Being
- Diversity, Equity & Inclusion

CUSTOMIZE YOUR EVENT

- Interactive Q&A
- Breakout Sessions
- VIP Meet & Greet
- Autograph Sessions & Photos
- Youth Clinics

PAST CLIENTS

