SPEAKER MEDIA KIT



JOSEPH REID

INTERNATIONAL SPEAKER | BESTSELLING AUTHOR
MENTAL HEALTH ADVOCATE

BROKEN PEOPLE

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SPEAKER | AUTHOR | ADVOCATE



ABOUT **JOSEPH REID**

Joseph Reid is an international speaker, bestselling author, and founder and Executive Director of Broken People Peer Support, an international nonprofit dedicated to helping people find hope, connection, and meaning through shared experiences.

Drawing from his personal mental health journey, law enforcement training, and years of peer support work, Joseph brings a unique perspective to crisis intervention, mental health advocacy, and personal wellness.

He has presented at national and international conferences and training events, trained first responders and mental health professionals, and worked with hundreds of agencies to help bridge the gap between professional training and lived experience.

Joseph is the author of *Broken Like Me: An Insider's Toolkit for Mending Broken People* and is known for combining vulnerability, humor, practical tools, and powerful storytelling to challenge perspectives and inspire meaningful change.

> *Joseph's workshop was, without a doubt, the most meaningful presentation I experienced throughout the entire conference.*
>
> *David Hill*
>
> *CIT Master Instructor | Former Peace Officer*

SPEAKING EXPERIENCE

CIT International Conferences
NAMI Conferences & Training
Law Enforcement & First Responder Training
National & International Events

PUBLICATIONS

Broken Like Me
National Bestselling Author
Journals and Peer Support Resources

MEDIA FEATURES

NPR / WGVU
WOOD TV / FOX 17
WPBN/WGTU - Up North Live
Podcasts & Interviews

BROKEN PEOPLE

@ JOSEPHREID1976

@ 1BROKENPEOPLE1

JOSEPH REID
SPEAKER MEDIA KIT

PRESENTATIONS THAT INFORM, EQUIP AND INSPIRE

PRACTICAL TOOLS | REAL EXPERIENCE | LASTING IMPACT

WATCH JOE SPEAK



Broken Like Me: An Insider's Look at First Responder, Community, and Self Care

A powerful combination of personal experience, professional understanding, and practical strategies for maintaining wellness while helping others.

60-75 Minutes

Participants will gain:

- A deeper understanding of mental health through lived experience
- Practical tools for communication and crisis response
- Strategies for personal wellness and resilience

The Writing Advantage: Simple Writing Practices for Readiness

An interactive training experience demonstrating how writing and cognitive disclosure can support emotional processing, readiness, and resilience.

45-60 Minutes

Participants will gain:

- An understanding of writing as a wellness tool
- Techniques for processing stress and difficult emotions
- Practical writing habits to strengthen resilience

Forward is Forward

A practical approach to identifying where you are, where you want to go, and how to move forward when life doesn't go according to plan.

45-60 Minutes

Participants will gain:

- Greater awareness of their current emotional state
- Tools for identifying achievable next steps
- Strategies for overcoming obstacles and moving forward

Intentional Best Friends

Using basketball as an analogy, Joseph explores the importance of developing different layers of friendship and support. This engaging presentation offers practical strategies for building meaningful relationships and creating a stronger personal support network to navigate life's challenges.

45-60 Minutes

Participants will gain:

- An understanding of different layers of friendship and connection
- Strategies for building meaningful support networks
- Tools for strengthening intentional relationships

The 7 Ups of Advocacy

An engaging presentation exploring 7 practical principles for becoming a more effective advocate for yourself and others. Joseph encourages participants to recognize their value, communicate their needs, and take meaningful action to create positive change.

60-75 Minutes

Participants will gain:

- A practical framework for effective advocacy
- Strategies for communicating needs with confidence
- Tools for advocating for themselves and others

Who I serve

Joseph combines lived experience and practical tools to help professionals better understand mental health challenges, strengthen relationships, and care for themselves while serving others.

- First Responders
- Community Leaders
- Mental Health Professionals

TESTIMONIALS

WHAT PEOPLE ARE SAYING



> Whether it’s reading the book Broken Like Me or hearing Joseph speak, I find his testimony inspires me and others to keep pushing through life’s greatest battles. Seeing him turn his struggles into victories is a living example of seeing God’s strength made perfect in the midst of our weakness.

Clarkston Morgan
Kentwood City Commissioner

> *Joe’s love of people was evident as he shared his story, struggles, and genuine desire to see public safety officers take care of themselves, so that they can take care of the rest of us. Being open and transparent in front of a group of strangers, let alone a group of future law enforcement officers, is no easy task.*



Billy Wallace
Former Director of
Criminal Justice at
Grand Valley State University

Let’s start a conversation...

I would love the opportunity to share my stories and experiences with you and your community.

admin@broken-people.org

616.916.0456

www.broken-people.org/booking

BROKEN PEOPLE