

# Kelly Buckley

— AUTHOR, SPEAKER, TEACHER OF GRATITUDE AND RESILIENCE —



## FOUNDER OF THE JOLT MOVEMENT AND STRONG WISE WOMEN

Kelly Buckley's books have been used by grief counselors as a tool to help others and her writings are featured on such respected sites as Maria Shriver and the Huffington Post.

Her online communities, JOLT (Just One Little Thing) and Strong Wise Women, have fostered open conversations about the power of gratitude and supporting one-another with love and positivity.

Through her books and online communities, Kelly has had personal interactions with tens of thousands of people from all over the world.

Her story is a brave and courageous one... her journey from the depths of grief by clinging to gratitude, and her ultimate arrival at a place of strength, is truly inspirational.

Noted for her clear message, as well as the use of humor and humility in sharing her approach to living, Kelly has been the voice of calm, logic and influence for many.

Kelly would be happy to share the power of her story and message with you and your community, and can tailor a presentation to your needs and audience.

[kellybuckley.com](http://kellybuckley.com)

Contact: Trish 704.345.4908

[Trish@KellyBuckley.com](mailto:Trish@KellyBuckley.com)



A photograph of Kelly Buckley, a woman with shoulder-length brown hair, wearing a light purple button-down shirt and blue jeans. She is sitting on stone steps and smiling at the camera. The background is a blurred outdoor setting with more steps and some fallen leaves.

# Kelly Buckley

Author, Speaker, Teacher  
of Gratitude and Resilience



## Presentation Themes



The Use of Gratitude in Daily Life  
How One Little Thing Can Change Your World  
Open-Hearted Living  
Resilience: Finding Your Bounce  
Being the Heroine of Your Own Story  
Broken and Beautiful: Embracing Imperfection

[KellyBuckley.com](http://KellyBuckley.com)

Kelly's story is a brave and courageous one. Her journey from the depths of grief by clinging to gratitude and her ultimate arrival at a place of strength, is truly inspirational. The loss of her infant son Matthew, and the unexpected death of his twin brother Stephen 23 years later, pulled Kelly into an isolation of hopelessness and despair.

Always a believer in the transformative power of words, Kelly clung to gratitude and writing as a way to survive, publishing two books, *Gratitude in Grief* and *Just One Little Thing*. From there she launched an online community called *Just One Little Thing* or *JOLT*, which has a loyal following worldwide. Through her books and online community, Kelly has had personal interactions with tens of thousands of women who have shared their own challenging journeys. Their profound strength was the impetus for the creation of the private online community *Strong Wise Women*.

Kelly's books have been used by grief counselors as a tool to help others, her writings are featured on *Maria Shriver* and the *Huffington Post*, and she has presented to groups throughout the United States and Canada. Noted for her clear message, as well as the use of humor and humility in sharing her approach to living, Kelly has become a voice of calm and courage.

Contact: Trish 704.345.4908 [Trish@KellyBuckley.com](mailto:Trish@KellyBuckley.com)

# Word on the street...

"Kelly is a source of strength...  
a powerhouse of motivation. Her teaching on  
how to find happiness with  
Just One Little Thing is life changing."  
- Arlene Scott, Eastern Health

"After attending Kelly's  
presentation on the "JOLT"  
Movement, I was instantly motivated  
to look for the small things in life that  
mean the most. It's amazing how  
being appreciative for just one little  
thing a day really opens your eyes to  
look for positivity."

- Karan Najhawan,  
Founder, Fit Opportunity

"I continue to give  
Kelly's books to  
people I meet/counsel,  
anyone traveling  
through life seeking  
a 'purpose...a reason'  
just to live every  
day. The book has  
become a welcomed  
and useful gift!  
Kelly's books  
provide a 'go to  
resource' in my  
counseling practice.  
I use her books as  
a guide for those  
navigating the  
'turbulent sea  
of grief'."

- Patricia Schlough,  
NCC, LPC, LCPC,  
EAGALA  
Advanced Certified  
Equine Therapist

"The aftermath of an unimaginable  
loss of losing our only child, Justin...  
a very dear friend sent me a link to a  
story from Maria Shriver's blog  
titled 'How grieving with gratitude  
changed everything.' It changed me...  
I quickly learned about Kelly Buckley  
and her movement Just One Little  
Thing (JOLT). I learned about her  
unfathomable loss when her son  
Stephen died unexpectedly. Kelly has  
taught me how to 'grieve with  
gratitude' every single day.  
For this, I am forever grateful."

- Susan Toler Carr

"It was fantastic to work with Kelly. Hearing your story has  
given our group something to think about in our workplace and  
how we interact with the families that cross our doors.  
It is important to know the impact of a gesture or a word."

- Kim Pike, Nurse Manager

"I have read Kelly's  
books and while I'm  
saddened by her story  
of loss, I was inspired  
by her resilience and  
her ability to share her  
experience so openly."

- Andrea Stack, MBA,  
Investment Adviser

"I recently had the pleasure  
of interviewing Kelly as one  
of the experts for The Art of  
Happiness after Loss Summit.  
Kelly's warmth and compassion  
for fellow grievers touched many  
of our listeners' hearts."

- Lois McCullough,  
WOW for Now



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