



Speaker Information



kelly buckley

GROWTH THROUGH GRATITUDE

Founder of the JOLT Movement & 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.

+ [JOLT](#)

+ [Strong Wise Women](#)

+ [Blog](#)

“Kelly is a source of strength... a powerhouse of motivation. Her teaching on how to find happiness with just on little thing is life changing.”

- ARLENE SCOTT,
Eastern Health

KELLY BUCKLEY

**Author, Speaker,
Teacher of Gratitude
and Resilience**



Kelly's Story

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.

"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 griever touched many of our listeners' hearts."

- LOIS MCCULLOUGH,
WOW for Now

Presentation Themes

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



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GROWTH THROUGH GRATITUDE

jolt

JUST ONE LITTLE THING



strongwise women

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