

# **Kelly Buckley**

**Author/Speaker at**

Charlotte, NC, US

Spreading the Message of Resilience and Hope Through  
Gratitude

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## **Biography**

Kelly Buckley is an author and speaker who, through the power of words, has connected with thousands of people worldwide. Her mission? To have a conversation about life, gratitude, compassion and resilience, in the hopes of helping others navigate through both the hills and valleys of their own lives. Her life's direction has been molded, as we all are, by the turning points in life, the defining moments that forever change how you see the world. Born and raised in the province of Newfoundland and Labrador, on Canada's East Coast, Kelly grew up in a culture that personifies resilience, forging a happy life in one of nature's most rugged and untouched locations. Over the course of her life, she has looked back to her roots, as she dealt with the hurts of life, the biggest being the sudden death of her 23-year-old son Stephen on the 4th of July, 2009. In response to her loss, Kelly has published two books, *Gratitude in Grief* and *Just One Little Thing*. The books, and her blog focus on looking for one little thing to be thankful for each day, even when you hurt. Through her writing and reflection of what remains in troubling times, Kelly was able to not only shift her own perception of loss, but also provide others with comfort and purpose for the future. The overwhelming grassroots response to her courageous sharing of her personal journey through grief propelled her to continue, and as a result, she has connected with numerous groups to add her voice in a discussion about hope after loss. She is a guest contributor for such respected sites as Open to Hope, and Hello Grief (a division of Comfort Zone Camp), and most recently has been published in Open to Hope's new book, *Open to Hope-Inspirational Stories of Healing After Loss*. In addition to her writing and speaking, Kelly also launched a global Facebook community. *Just One Little Thing's* premise is simple; take a moment each day to focus on one little thing you are thankful for, repeat, and a thankful life will start to grow. The group focuses on gratitude, compassion and resilience, and improving our world, just one little thing at a time. Kelly began her professional career as a Registered Nurse, and worked as a Health Executive in Canada. She continues to nurse, only now nurturing other souls with her words. Kelly lives in Charlotte, North Carolina with her husband Brady, her son Brendan, and Rudy, their Wonder Dog.

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## **Availability**

Keynote, Moderator, Panelist, Workshop, Host/MC, Author Appearance

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