



Kelly Woodhouse-Falardeau

A Burn Survivors Success Story

Suffering a serious burn injury has negatively changed many lives but some burn survivors turn the experience around and become a huge success. One of those people is my close friend Kelly Woodhouse- Falardeau.

I first met Kelly after I was burned in an industrial electrical accident in 1987. After spending several weeks in the University of Alberta Fire Fighters Burn Treatment Unit I was released and introduced to a self-help group. Kelly was there and we started to talk. She was a great support to my wife and children as well as me and it was the beginning of a friendship that still exists today.

Kelly was two years old when she was burned to 75% of her body. She lived on a farm in rural Alberta and her cousins were burning some old shingles. One of those burning shingles set fire to Kelly's clothing and the rest is history.

She was rushed to the University of Alberta Hospital in Edmonton where doctors saved her life and her new journey began. She endured numerous surgeries, became an easy target for bullying and was isolated because others were uncomfortable around her. She felt alone, ashamed and unloved but she persevered. In later years she got married, had three children and held several jobs. After being married for twenty-four years, and three children later she was divorced. It was a life with ups and downs that few could have endured. Luckily, Kelly was not one of the few. She was a powerful individual.

Over the years her determination took her from near-death and being teased as the "Ugly Scar-Faced Girl" to be one of the top ten "Most Powerful and Influential Speakers", accepting the "Fierce Woman of the Year Award," a recipient of the Queen Elizabeth II Diamond Jubilee Medal and the YWCA Woman of Distinction in 2013.

On Christmas Day, Global TV named Kelly as one of the “Most Inspirational People of 2020”.

How did she do it? As a close friend, I can say it was not an easy road but it was one she navigated with a belief in herself that she would succeed and make a difference, and she did.

Kelly is an international speaker and motivator, author and teacher. I had the privilege of working with Kelly on several occasions and some of the most memorable were when we travelled to Taiwan, the United Kingdom, Kenya and Ghana, where her presentations motivated burn survivors and professionals alike. She is also a TEDx speaker and has been the keynote speaker at many conferences. When she speaks she will tell you, “I help people take the “T” out of “Can’t.” And she does!

In truth, a book could easily be written about her achievements and if it were to be written I would know who to approach. Kelly is also an author who has published six books, all listed in the Recommended Reading section and she teaches those who want to become an author how to succeed.

Kelly’s book “Still Beautiful” is truly an inspiration and a documentary was made on her life that carried the same title.



Dedicated to making a difference Kelly continues to use her challenge as a burn survivor as a platform to redefine the definition of beauty. One powerful quote she has used is, “Our challenges are never faced alone. Our families walk our journey with us.”

I believe “Friends” can also be included a Kelly has made so many and helped to initiate positive change in so many because of her beliefs, opinion and sheer determination.

Today as a Speaker, Author, Coach, Friend and Mother, Kelly continues to make a difference in our society. She coaches people to become Best-Selling Authors and art and is dedicated to helping people love their imperfect selves and to see their tragedies can be gifts in their lives. Her life story has been produced into a documentary called Still Beautiful, which can be watched on www.AMI.ca

I am proud to call Kelly Woodhouse-Falardeau a true everyday heroine and a family friend.

You can contact Kelly at www.7StepsAuthor.com or www.KellyFalardeau.com