

Erin Browning is the Founder & Owner of Spaces of Grey, a WV based company that provides holistic support for people navigating stressful situations or profound changes in their lives. Erin's career began as a speech language pathologist. Early on she traveled presenting to the nation's educators & medical professionals. It did not take long for Erin to realize something was missing in regards to the work these amazing people were doing...they were more concerned with outcomes for the people they support than getting in front of their own stress. In turn, the outcomes suffered. The old cliché, "you can't pour from an empty cup" turns out to be true.

For the past decade Erin's efforts were spent combining her knowledge as an Ayurvedic Health Counselor with the extensive experience she has helping people with differently wired nervous systems. With this experience, she has provided practical methods & placed tangible tools into the hands of the people needing the most support; the ones teaching, caretaking, treating patients, & living stressful lives that lead to burnout each and every day.

Erin serves as president of the WV Board of Examiners for Speech Pathologists & Audiologists. She also is the chairperson of the WV Autism Supportive Center, which is a rural WV hub for alternative treatments, agriculture centered programs, & nature-based learning for neurodiverse individuals as well as the community at large.

Erin's mission is to educate about the deep need for everyone to find a way to navigate the rough waters life brings so they can find stability, calm, and step into joyful living. She believes this is possible because she has lived it & continues to live it daily. "With small consistent changes, practices to explore the state of the nervous system & thoughtful reflection on the shifts occurring we can change the way we live. We can find JOY."