



Lisa Browning

Lisa is the founder and publisher at One Thousand Trees, offering editing, publishing, and mentoring services. One Thousand Trees publishes mainly books/stories of empowerment and overcoming trauma and adversity, as well as mental health and self-care issues, and Lisa also provides various networking/educational opportunities in the community.

No matter what she does, Lisa is inspired to make a difference in this world, to empower others, and help them realize their passion, through telling their story and speaking their truth. She was honoured as a Community Champion at Guelph Y's Women of Distinction event in 2018.