

MALLORY THOMAS

Mallory Thomas is a dynamic corporate trainer, educator, and wellness advocate dedicated to fostering resilience, engagement, and well-being in professional environments. With over 15 years of experience as a Registered Nurse, she brings a unique perspective to workplace wellness—blending scientific knowledge with holistic practices as a certified Yoga Instructor and Reiki Master. Her approach integrates mindfulness, movement, and energy work to enhance productivity, reduce stress, and promote overall well-being in the workplace.

Mallory's passion for corporate wellness stems from her deep understanding of the connection between personal well-being and professional success. She empowers individuals and teams to cultivate balance, emotional intelligence, and sustainable performance through customized training programs, interactive workshops, and leadership development initiatives.

Mallory leverages her top CliftonStrengths—Positivity, Harmony, Empathy, Relator, and Adaptability—to create engaging, impactful training experiences. She fosters connection and collaboration, ensuring every participant feels valued. Her empathetic, adaptable approach meets teams where they are, while her focus on workplace harmony helps organizations build resilient, high-performing teams rooted in trust and well-being.

NOTABLE CREDENTIALS

- Registered Nurse (RN)
- Reiki Master
- 200-Hour Certified Yoga Instructor



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POWERED BY SHINE OHIO

Mallory Thomas

CORPORATE
TRAINING





Shine Corporate Training delivers high-impact, heart-centered programs designed to elevate workplace culture, build resilient teams, and unlock human potential. Powered by Shine Ohio—an award-winning education and retreat center based in Kent, Ohio—we've been serving up best-in-class training since 2011.

Founded by Cortney Martinelli, a former Fortune 100 corporate leader with over two decades of experience, Shine blends evidence-based strategies with holistic wellness to bridge personal growth and professional development. Our team collaborates with organizations across industries to deliver transformative programs that stick.

Our growing list of clients includes nationally recognized organizations such as Sherwin-Williams; hospitals; locally owned financial institutions; nonprofits like Summit County Children Services; and national industry associations.

Services

SIGNATURE COURSES

FULL + HALF DAY OPTIONS

- Positive Psychology: Building a Resilient Workforce
- NeuroBoost: Unlock Brainwave Potential for Workplace Excellence
- Wellness Warrior: Understanding Your Energy
- CliftonStrengths for Teams and Managers

90-MINUTE WORKSHOPS

- The Power of Positive Thinking
- Managing Your Energy for Success
- Brainwaves + Breath (Intro to NeuroBoost)

ADDITIONS

- Private Retreats
- Teambuilding Sessions
- Yoga/Chair Yoga
- Sound Baths/Therapy
- Meditation
- Breath Techniques



Thousands of certifications awarded with five-star reviews from client/students; customer repeat rate of over 90%



Experienced facilitators with years of experience in business, and more importantly a positive, contagious vision.



Professional developed content, vetted with clients/students for over a decade and professional organizations.



Comprehensive programs that are simple, effective and affordable.