



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



Pricing

CORPORATE TRAINING

Prices are for our Signature Courses based on 20 employees or less.

We can provide a customized quote as needed for larger groups and additional add-ons

DURATION	STARTING COST	CLASS SIZE
FULL DAY: 6.5 HOURS Positive Psychology (2 courses)	\$2,500	< 20
HALF DAY: 4 HOURS NeuroBoost or Wellness Warriors	\$1,750	< 20
CLIFTONSTRENGTHS: 3 HOURS For Managers and Teams	\$1,250*	< 20
90-MINUTE WORKSHOPS Positive Psychology, NeuroBoost or Wellness Warriors	\$500	< 20
KEYNOTES Customized	\$1,500	UNLIMITED

*does not included the CliftonStrengths profile fee for each participant



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Program Snapshot

POSITIVE PSYCHOLOGY

BUILDING A
RESILIENT
WORKPLACE

2 SEPARATE COURSES
FULL DAY
LUNCH + LEARN
KEYNOTE

NEUROBOOST

UNLOCK
BRAINWAVE
POTENTIAL

1 COURSE
HALF DAY
LUNCH + LEARN
KEYNOTE

WELLNESS WARRIOR

MANAGING
YOUR
ENERGY

1 COURSE
HALF DAY
LUNCH + LEARN
KEYNOTE

CLIFTON STRENGTHS

LEARN
YOUR
SUPERPOWERS

1 COURSE
HALF DAY

Program	Resilience	Change	Effectiveness	Leadership	Team-building	Wellbeing	Mental Strength	Coping	Personal Development
Positive Psychology	x	x	x	x	x	x	x	x	x
NeuroBoost	x	x	x				x	x	x
Wellness Warrior	x		x			x		x	x
CliftonStrengths			x	x	x				x



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POSITIVE PSYCHOLOGY:

Building a Resilient Workforce

THE HUMAN BRAIN
11,000,000
PIECES OF INFORMATION
EVERY SECOND
FROM OUR ENVIRONMENT

BUT,

It can process only **40** bits per second.

Which means it has to choose what *tiny percentage* of this input to process and attend to, and therefore ignoring and dismissing the rest.

Your reality is a choice; what you focus on
SHAPES YOUR WORLD



WHY THIS COURSE MATTERS

55%
OF WORKERS ARE
UNHAPPY AT THEIR
JOBS

DEPRESSION RATES ARE

10x
HIGHER TODAY
THAN 60-YEARS AGO

ONSET AGE OF DEPRESSION

1960 vs. 2020

29
YEARS OLD

14
YEARS OLD

We offer
two courses
to combat these
statistics with your
employees



WHY THESE COURSES ARE DIFFERENT + BENEFICIAL

The typical approach to understanding human behavior has been to look for the average behavior and outcome; we refer to this as the **"cult of average."** Conventional psychology consciously ignores the outliers because by definition they don't fit the pattern. **The opposite is true for positive psychology**, instead of deleting the outliers, they study and learn from them.

A decade ago, there was a 17-to-1 negative-to-positive ratio of research in the field of psychology. In other words, for everyone one study about happiness and thriving, there were 17 studies on depression and disorders. As a society, we understand a lot about how to survive and very little about how to thrive.

*In business and in our lives, "average" + "surviving" is no longer enough.
And if we study and teach average, we will remain average.*

Course 1 Positive Psychology: Perception Creates Our World

Before there is happiness and success, comes your perception of your world.

Course topics:

- The rise of Pollyanna
- Understanding our perceptions
- Recognizing alternate realities
- Pursing the most valuable realities
- Noise canceling strategies
- How to recognize the signal
- Canceling the internal noise
- The Tetris effect
- Finding value in contrast
- The 20-second rule
- Tribe

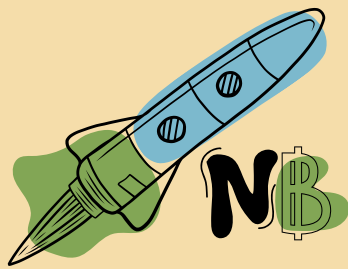
Course 2 Positive Psychology: Transferring Your Positive Reality

Much of our behavior is contagious. This course will teach how to transfer your positive reality to others.

Course topics:

- A shared positive reality
- The ripple effect
- Pygmalion effect
- Emotions are contagious
- 5 strategies for positive illumination
 - Franchise success
 - Rewrite the social script
 - Blaze the trail
 - Fact checking
 - Retreat without resistance
- Action plan

Once the skills and strategies introduced in these courses are mastered, the difference will be seen and experienced in virtually every aspect of life. Employees will be more energized, more motivated, more driven and more productive. Ideas will flow that yield better results. Instead of being crippled by stress and adversity, employees will be able to turn them into opportunities for growth. And will learn how to refract their light of positivity on coworkers, clients, family members and all others around them.



NeuroBoost

Unlock Brainwave Potential for Workplace Excellence



The Brain

You are carrying around the most sophisticated technology in the known Universe right between your ears, yet most people never learn to operate it at its highest potential.

By the end of this course, participants will be able to:

1. Understand Brain Function & Cognitive Processes
 - Explore the fundamental functions of the brain and how they impact workplace performance.
 - Understand how the brain processes information, makes decisions, and retains knowledge.
2. Learn About Brainwaves & Their Role in Productivity
 - Identify for primary brainwave states (Beta, Alpha, Theta, Delta) and their influence on focus, creativity, and problem-solving.
 - Recognize the best brainwave states for learning, decision-making, and peak performance.
3. Leverage Neuroplasticity for Workplace Growth
 - Understand the concept of neuroplasticity and how the brain adapts to new challenges and learning experiences.
 - Apply strategies to rewire the brain for resilience, innovation, and enhanced cognitive function.
4. Optimize Mental States for Learning & Performance
 - Identify the optimal brainwave states for absorbing new information, critical thinking, and collaboration.
 - Develop techniques to enter and maintain these peak states for improved efficiency and creativity.
5. Access High-Performance Brain States Regularly
 - Create personalized routines to sustain focus, clarity, and mental agility in high-pressure work environments.
6. Integrate Neuroscience-Based Strategies into the Workplace
 - Apply brainwave optimization techniques to enhance teamwork, leadership, and problem-solving.
 - Develop a workplace culture that supports brain health, well-being, and peak performance.

95%

BY THE AGE OF 35, 95% OF WHO WE ARE IS A SERIES OF SUBCONSCIOUS PROGRAMS THAT HAVE BECOME AUTOMATIC.

70%

THE AVERAGE PERSON LIVES 70% OF THEIR LIFE IN THE SURVIVAL MODE OF HIGH BETA



IN HIGH BETA, YOU CAN NOT LEARN, PERFORM OR EXCEL. YOU CAN ONLY "RUN, HIDE, OR FIGHT"



WELLNESS WARRIOR:

Managing Your Energy

Everything in the field of wellness and personal growth can and should revolve around the basic concept that every-SINGLE-thing we choose to eat, think, feel and do either replenishes or diminishes our energy. Because of this, everyone should understand how what they are choosing to bring into their lives is affecting them. But while many have heard vague references to the concept, very few have been given the tools to be successful.

This course will describe three fundamental principles to understanding how to maximize your energy in four unique, yet related, energy buckets: physical, mental, emotional, spiritual. You can improve the quality of your mood, your physical health, your career, your intimate relationships, your family life and more – simply by learning and applying the concepts we will explore in this course.

In this four-hour course we will explore:

- What vibration is and understand the physical + emotional implications
- Three basic principles for high performance
- Four energy buckets
- Personal quiz – your baseline
- What replenishes and diminishes your energy (The BIG three, Positive Energy Behaviors, Two common pitfalls)
- A personalized action plan to see real change

WELLNESS WARRIOR

understanding your energy

NOTHING IN LIFE IS
NEUTRAL

LEARN ABOUT THESE
LIFESTYLE
CHOICES
AND MORE



YOGA

HEALING TOUCH



FOOD

GRATITUDE



MEDITATION

SOUND THERAPY



MITIGATING ELECTRONICS

ESSENTIAL OILS



TOXIC FREE LIVING

AFFIRMATIONS



TRIBE

NATURE



CLIFTONSTRENGTHS FOR MANAGERS + TEAMS



LEARN HOW
TO THRIVE!

CliftonStrengths, developed by Gallup, is an assessment tool designed to identify a person's unique talents and strengths. It focuses on 34 themes grouped into four domains: Strategic Thinking, Relationship Building, Influencing, and Executing. Unlike traditional methods that highlight weaknesses, CliftonStrengths emphasizes leveraging natural talents to achieve success. Individuals learn to maximize their potential and understand how their strengths can be applied in various areas of their personal and professional lives. By understanding their CliftonStrengths, people can better collaborate, lead effectively, and make impactful contributions.

In this three-hour session, we help managers and teams understand not only their own strengths but how these strengths play out within the team dynamics, allowing for successful, thriving teams!

Awareness + Strengths = Team Effectiveness