

CYNTHIA R. MULLINS, J.D., M.S.

Corporate Trainer, Shine Ohio

Cynthia Mullins is a dynamic corporate trainer, educator, and business law and human resources professional with a passion for empowering individuals and organizations through engaging, transformational learning experiences. At Shine Ohio, she brings over two decades of expertise in employment law, communication, human resources, and professional development to her facilitation of high-impact corporate workshops across the U.S.

Cynthia's top strengths—Achiever, Maximizer, Responsibility, Intellection, and Relator—fuel her purposeful approach to training. She is known for delivering content with both depth and heart, creating spaces where intellectual rigor meets authentic connection. Her teaching style not only informs but also inspires meaningful growth, performance excellence, and team alignment.

Beyond the training room, Cynthia is an adjunct professor who teaches graduate and undergraduate courses in human resources, organizational behavior, negotiation, women in leadership, business communication, and paralegal studies. She blends academic insight with real-world application, making complex topics accessible and actionable.

NOTABLE CREDENTIALS

- Doctor of Law, University of Connecticut School of Law
- Master of Science, business ethics and compliance, Cambridge College
- Bachelor of Arts, political science, University of Connecticut



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POWERED BY  SHINE OHIO

Cynthia Mullins

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.