

LINDSEY CONWAY

Lindsey Conway is a Licensed Professional Clinical Counselor, Marriage and Family Therapist, and Trauma Specialist who brings a soul-centered approach to the corporate space. As a fully trained EMDR therapist and Reiki Master, Lindsey integrates energy work, frequency, and nervous system support to help individuals process stress, navigate transitions, and foster resilience from the inside out.

Her work is rooted in the understanding that personal growth and professional success are deeply intertwined. Lindsey's own journey—especially the transformative challenges of motherhood—has shaped her into an intuitive, compassionate facilitator who honors both the light and the shadow in the healing process.

As a corporate trainer with Shine, Lindsey brings a grounded, trauma-informed presence to wellness programs, leadership retreats, and workplace mental health education. Her offerings support emotional intelligence, nervous system regulation, and authentic connection—empowering teams to thrive in a culture of trust, wellbeing, and purpose.

NOTABLE CREDENTIALS

- MA Counseling
- Reiki Master



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www.shineohio.com



**Lindsey
Conway**
CORPORATE
TRAINING





Shine Ohio, an education and retreat center based in Kent, Ohio, offers a wide range of certifications and events designed to enrich and empower the local community. Founded by **Cortney Martinelli**, the center reflects her two decades of experience in the corporate sector, where she worked for a Fortune 100 company.

Today, Cortney leverages her passion for well-being and expertise in corporate training, collaborating with a dedicated team to deliver transformative programs that bridge personal growth and professional development.

CLIENTS

- Sherwin Williams
- Akron Children's Hospital
- United Labor Agency
- Fairway Mortgage
- MasterBuilders Solutions
- Infinity Title
- Summit County Child Services
- Painting Contractors of America

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.