

KRISTEN SWINEHART

Kristen Swinehart (she/her) is a seasoned presenter with a variety of formal training and global experience. Leading large, national teams with expansive, diverse backgrounds has given her the critical perspective needed to understand how to empower associates and enable businesses to flourish in a competitive landscape. She has taken her personal passion for holistic well-being and coupled it with an academic curiosity in organizational psychology to enable her to coach others in workplace wellness philosophies and strategies.

Kristen understands that a businesses success is highly dependent on how aligned and engaged its workforce is. The professional world is in flux, with a heavy shift toward addressing associates' values, including work/life balance, effectively managing stress, and navigating the complexity of a dynamic environment. Her knowledge in corporate wellness and vibrant energy around creating a thriving workplace culture combine to create a strong consultative partner for your company.

In her personal life, Kristen is the President of the Board of Directors for ACCESS Inc., Akron's homeless shelter for women and children. She is also a certified therapy animal handler through Pet Partners and takes her dog, Nola, to visit patients and facilities around Summit County. This enthusiasm for nonprofit work has enabled her to round out her resume, giving her a comprehensive understanding of both for-profit and nonprofit operations.

QUALIFICATIONS

- Over a decade of experience at a Fortune 250 organization
- MBA in Strategic Management (Summa cum laude graduate)
- Case Western Reserve University: Foundations of Coaching Certificate
- RYT-200 Yoga Teacher
- Certified Breathwork Instructor
- Sound Therapy Practitioner
- Reiki Master
- CrossFit Level 1 Trainer



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Kristen Swinehart

CORPORATE
TRAINING + BUSINESS
DEVELOPMENT





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
- Wellness Warrior: Understanding Your Energy
- CliftonStrengths for Teams and Managers

90-MINUTE WORKSHOPS

- The Power of Positive Thinking
- Managing Your Energy for Success
- Happy, Healthy Aging

WELLNESS SERVICES

- 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.