



LAVONNA ROTH

IGNITE YOUR S.H.I.N.E.

The SHINE framework by LaVonna Roth is a powerful, neuroscience-based approach that helps educators reconnect with their purpose, reignite their passion, and foster deeper connections with themselves and others. SHINE stands for Self, Heart, Inspire, Navigate, and Exceptional.

S – Self

Know who you are.

Focus on self-awareness and personal identity. Understand your strengths, values, and what makes you unique.

H – Heart

Know what drives you.

Reconnect with your passion and emotional motivation—the 'why' behind what you do.

I – Inspire

Know how you influence others.

Recognize the power you have to uplift and impact others through your actions and presence.

N – Navigate

Know how to overcome obstacles.

Develop resilience and strategies to adapt to and grow through life's challenges.

E – Exceptional

Know that you matter.

Embrace your self-worth and believe in your ability to make a difference every day.

LaVonna Roth uses SHINE to support educators in creating positive school cultures, fostering social-emotional learning, and becoming empowered leaders in their communities.