

Dr. Romie Mushtaq, M.D.

Brain Doctor, Speaker on Stress Management & Workplace Wellness Expert, Chief Wellness Officer

Please contact a GDA agent for information.

Topics

- Mental Health / Psychology
- Mindfulness
- Peak Performance
- Stress Management
- Women's Health & Issues
- Work-life Balance

About Dr. Romie Mushtaq, M.D.

Dr. Romie is a board-certified physician, award-winning wellness speaker, and the founder of "brainSHIFT at Work." She brings together over 20 years of authority in neurology, integrative medicine, and mindfulness to not just deliver programs, but create cultural change.

She is on a mission to transform mental health and wellness in the workplace and currently works with Fortune 500 companies, professional athletes, & global associations. Dr. Romie is also the Chief Wellness Officer for Evolution Hospitality, where she scaled a mindfulness & wellness program to over 7000 employees. Her expertise is featured in the national media such as NPR, NBC, TED talks, and Forbes. Find the cure for your busy brain at drromie.com or [@drromie](https://www.instagram.com/drromie) on social media.

Select Keynotes

- **brainSHIFT: 3 Steps to Break the Stress-Success Cycle**

brainSHIFT is not just a wellness program for individuals and teams - but has become a movement to restore sleep, sanity & foster a sense of connection. How often do you or your staff have: Difficulty focusing at work? Racing thoughts before bed? Feelings of stress or anxiety and end up with too many visits to the doctor with no real answers? It's time to get to the issue's core and break your Stress-Success Cycle.

brainSHIFT is based on medical research and the latest scientific data on treating stress and burnout in the workplace since the start of the global pandemic. Dr. Romie has shared brainSHIFT with over 300 teams, Fortune 500 companies, and global associations.

In this 60-minute interactive training, attendees will:

1. Score your current stress level - do you have a Busy Brain or burnout?
2. Implement three basic steps to lead with calm, decision, and precision.
3. Start a 7-day process to brainSHIFT from panic-induced symptoms to a PMA (Positive Mental Attitude).
4. Join an interactive Q&A with Dr. Romie to get actionable stress management techniques.
5. Receive Digital Educational materials to implement wellness and sleep programs.
6. Learn practical mindful techniques to implement in the corporate workspace

- **brainSHIFT for Women Leaders: Brain Science of Success**

Does it feel like the boundaries between your job, sleep, and personal life have disappeared? When you try to relax, do you have random and



racing thoughts in your brain? The global pandemic has pushed women's brain and mental health to a crisis state. brainSHIFT is a scientifically based program that will help you optimize your brain function to promote high performance, sanity, and sleep. Let's brainSHIFT and learn the brain science of creating a conscious sisterhood.

Attendees will gain a unique perspective about:

1. Beyond berries and breathing: Let's get to the root cause of your Busy Brain
2. "Work-life" balance is a myth; implement the 3/30 method to balance your brain and then balance your priorities
3. Mental health and well-being answers for women's brains
4. How men can be allies using mindfulness-based techniques in the workplace

• **brainSHIFT: The Future of Workplace Wellness**

As healthcare and corporate America face record employee burnout rates, the answers are found beyond health fairs and lectures. To change the state of our business and relationships, we must first address the state of our brain function. When we improve our brain state, we create a culture of wellness. In this interactive session meant for leaders & changemakers, we will cover:

1. Are your employees stressed out, burnt out, or just bored?
2. What is the difference between a workplace wellness initiative and a cultural movement in your organization?
3. How the role of Chief Wellness Officer creates an impact in an organization.
4. Lessons learned from behind the scenes of scaling a mindfulness and wellness program to over 7000 employees in United States & Canada
5. Implement 4 leadership principles to create a culture of wellness in your organization.

• **Power of Pause: Mindfulness to Transform Teams & Cultures**

Change is a four-letter word that fosters fear. How will you lead your life without the worry and stress of change? Mindfulness teaches us that we are not just coping with "a new normal" but creating a new way of being. When we operate in the workplace from a subconscious realm of fear, stress-related symptoms of anxiety, panic, inability to focus, and insomnia predominate. The Power of Pause transforms us into mindful leaders who quickly face fears, rise above the panic, and find a path to calm consciousness. During this interactive mindfulness session, take a moment to pause, connect back to calm, and get refocused. We will practice scientifically proven breath and meditation techniques to use in the workplace and personally for improved focus, mood, and sleep.

Attendees will:

1. Learn what happens to the brain under stress. Do you or your team have a "Busy Brain?"
2. Practice the Power of Pause: brain science-based mindfulness techniques for personal well-being, sleep and focus
3. Discover how to bring mindfulness to the workplace and foster mindful leaders.

Select Articles

• [Fox Business: Mindfulness Is Not Just for Yoga Studios](#)

For many, the notion of "mindfulness" conjures up images of yoga teachers, Tibetan monks and eccentric celebrities. But the concept also has close ties with the business world. Business leaders are starting to blend the rich tradition of spirituality with the research of psychology and neuroscience to create a simple, yet powerful way for business leaders to enhance their effectiveness.

• [Good Men Project: 3 Tips for Practicing Mindfulness in a Multitasking Workplace](#)

Google, eBay, Intel and General Mills offer classes on it. So do Harvard Business School, Ross School of Business and Claremont Graduate University, among other campuses. Mindfulness is not just a corporate trend, but a proven method for success. Mindfulness—being focused and fully present in the here and now—is good for individuals and good for a business's bottom line. How can people practice it in a workplace where multitasking is the norm, and concerns for future profits can add to workplace stress?

• [Huffington Post: 3 Steps to Connect to Your Life Purpose](#)

Unfortunately, it can take a life crisis like a health scare, divorce, or loss of a job to realize that we are not on the right path in our lives. This creates a fork in the road. Do we go back to the same life hoping for a different result, or do we decide to have the courage to create change in our life? And even if we want to create change, where do we start?

• [4 Brain Secrets for Happiness by Dr. Romie](#)

What are the four secrets to wire your brain for happiness? There is a myth that happy people are happy all the time. Happiness is not an emotion or personality trait that exists 24/7, but rather a state of mind that can be achieved.

Select Testimonials

Dr. Romie had the most engaged session of our entire national sales conference including the most audience questions and participation. I know that her messaging and content really resonated with people both personally and professionally. We have partnered with her for over four years, and will be partnering with her for four more conferences in [the coming year].

– *Hayle Derderian, Fidelity Investments*

"Dr. Romie is a dynamic speaker who is able to motivate diverse audiences, translating difficult scientific concepts into easy to understand terms for both medical and non-medical professionals. Whether you need one-on-one health and wellness consultation, an engaging speaker, or a strategic business advisor, it is with great confidence that I highly recommend Dr. Romie as the expert partner to help you achieve results!"
Melissa Deloach, Director of New Business, MedThink Science

– *Melissa Deloach, Director of New Business, MedThink Science*

"I first had the privilege of interviewing Dr. Romie for our 10 Trends for 2014 and Beyond report, one of which being Mindful Living. For this trend, she provided invaluable insight and expertise, and was a pleasure to work with. We immediately extended an offer to Dr. Romie, and were thrilled when she accepted. She is truly a professional, speaking with clarity and authority on the subject of mindfulness, and exhibiting a true passion for the topic. We were fortunate to have such a terrific speaker for our audience."

– *Nick Ayala, Trends Strategist, JWT Intelligence*

"I just want to say that I had the extraordinary pleasure of listening to Dr. Romie speak in San Diego at the Evolution Hospitality year end renewal. I brought back great information for my team and wife. We immediately started a one hour power own of electronics before bed and can already feel the difference. Thank you so much for sharing your words and love, truly a life changing experience. Regards, Scott G. Gorman

– *Scott G, Executive Chef, Evolution Hospitality*

I was skeptical about presenting a topic of mindfulness to our educators and leaders at our annual conference, then Dr. Romie took the stage and had the undivided attention of the entire audience. I realized that my resistance was because I needed to hear her message. I hired her backstage to work with our entire organization.

– *V. Bertram, Project Lead the Way*