



# brainSHIFT

WORKPLACE WELLNESS, STRESS-MANAGEMENT, MINDFUL LEADERSHIP

## Dr. Romie Mushtaq, MD, ABIHM

As Seen On:



### brainSHIFT: Mindful Leaders Rise Above the Panic

### VIRTUAL WORKSHOP #1

In times of unprecedented crisis, two types of leaders emerge. One type of leader operates from a subconscious realm of fear. In this state, stress-related symptoms of anxiety, panic, inability to focus, and insomnia predominate. When we brainSHIFT, we learn to quickly face our fears, rise above the panic, and find a path to calm consciousness. This interactive discussion is ideal for leaders, employees, and your clients.

Dr. Romie brings medicine & mindfulness together to help employees process how stress may be negatively impact their health, performance and productivity. Attendees will receive scientifically-based solutions to implement in order to rise above the panic, and connect to calm as we navigate a new normal.

In this 60-minute interactive training attendees will experience the following:

1. Score your current stress level and immediately implement three basic steps to lead with calm, decision, and precision.
2. Map out your fear pattern and learn how to rise above the panic using mindfulness.
3. Join an interactive Q&A on how to process grief, rise above panic, and lead with calm.

### Power of Pause: Mindfulness & Meditation to Heal Stress With Dr. Romie

### VIRTUAL WORKSHOP #2

Change is a four letter word that fosters fear. How will you lead your life without the fear 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. When we practice "The Power of Pause", we become the leader who quickly faces fears, rises above the panic, and finds a path to calm consciousness. Take a moment to pause, connect back to calm, and get refocused during this interactive mindfulness session. We will practice scientifically proven breath and meditation techniques to use in the workplace and personally to improve focus, mood, and sleep.

In this 60-minute interactive training attendees will experience the following:

1. Learn workplace mindfulness skills that have been proven to work to help to improve focus & productivity while reducing stress levels.
2. Learn a simple and easy to implement mindfulness-based practice daily in your own home.
3. Start a mindful practice during your working day to help you feel present, decrease stress levels, improve listening, and feeling of connection with team members.

# "Your Mind Is Strong Medicine"

- Dr. Romie Mushtaq, MD

OUR CLIENTS INCLUDE:



## About Dr. Romie:

Dr. Romie Mushtaq, MD is a board-certified physician who is on a mission to transform workplace wellness, with a special focus on brain and mental health. With over 20 years of authority in neurology, integrative medicine, and mindfulness, she speaks and consults with Fortune 500 companies, professional athletes, and global associations. Dr. Romie serves as Evolution Hospitality's Chief Wellness Officer where she has scaled a mindfulness & wellness program for over 7000 employees. Her expertise is routinely featured in the national media such as Forbes, NBC, Fox Business, and Ted Talks. Dr. Romie is writing her first book and you can join #brainSHIFT movement by following [@DrRomie](#) on social media or [DrRomie.com](#).

## Technology:

Dr. Romie's team will set up and moderate the session using Zoom Webinar. Setup includes a custom registration page, co-branded with your logo.

\*Please note that currently Dr. Romie's location is based in Florida and is under a shelter-in-place order through the end of May 2020. Professional quality presentations are delivered seated from home studio with professional lighting and background.

Once the shelter-in-place order has been lifted for their region, additional virtual options are available from a professional sound stage/TV studio for an additional cost. This includes a professional production team including cameramen, AV, professional lighting, and production.

Professionally edited recordings are available for an additional fee.

## Testimonials

"I am so grateful to Dr. Romie for delivering such a remarkable virtual presentation. It was nothing short of incredible- very informative and insightful. Dr. Romie, you are a superstar, I was glued to the screen. A few of us at MDRT were getting a bit emotional seeing the comments from our members going back and forth showing their appreciation of you sharing the ideas of how to cope with stress during this difficult time. We are incredibly humbled and thankful for your time."

- Lena Polishuk, Membership and External Relations Strategist, Million Dollar Round Table (MDRT)

"Thank you for a great virtual session yesterday! We've received loads of positive feedback, and we were really pleased with the engagement level of the audience that participated. We were able to capture data on the stress level of our employees, and will be continuing to work with you to help our associates cope with a new normal."

- Jenny Hung, AIG Team Lead, AIG Retirement Services Meetings & Events

"On behalf of myself, the EO Global Learning team and committee, I wanted to say a huge THANK YOU for sharing your time, insight and experience with our community yesterday. We are all better for it! We've been receiving great feedback from participants, including the following comments from some of our members...

'I have to show my family this! Such practical advice.'

'It was surprisingly eye opening that it doesn't take any time or effort to stop and breathe and become re-centered.'

Definitely a timely message that you shared. Thank you!"

- Hannah Marsh, Learning Manager, Entrepreneurs' Organization (EO)

*Dr. Romie*

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