



We cannot rebuild our relationships
or businesses without first getting
the state of our brains straight.

- Dr. Romie Mushtaq, M.D., ABIHM

CORPORATE CLIENTS:

BioPharma/Healthcare/Pharmaceutical

- Abbott
- Academy of Integrative Health Medicine
- Advanced Recovery Systems
- Alcon Pharmaceuticals
- Altathera Pharmaceuticals
- American College of Osteopathic Emergency Physicians
- American Epilepsy Society
- American Osteopathic Colleges of Ophthalmology and Otolaryngology - Head and Neck Surgery (AOCOO-HNS)
- American Society for Health Care Risk Management (ASHRM)
- AmerisourceBergen
- Aspirus Hospital, WI
- Aurum Group (Dental)
- CARES - Congenital Adrenal Hyperplasia Foundation
- Centers for Medicare and Medicaid Services
- Children's Hospital of MN
- Dignity Health/ CommonSpirit
- Dove (Unilever)
- Florida State Association of Rehabilitation Nurses
- Foundations Recovery Network
- GlaxoSmithKline
- Healthcare Financial Management Association
- Hilton Head Health Institute
- Legacy Healthcare Systems, Portland Oregon
- My Health My Resource Tarrant County (MHMR)
- NextGen Healthcare
- Novartis
- Novello Physicians Organization (NPO)
- Orlando Health
- Orthopedic Trauma Association
- Providence Hospital System, Seattle, WA
- Seattle Dental Club
- Siemens
- SIS Surgical Information Systems
- South Carolina Association of School Nurses
- Spring Valley Hospital
- Tennessee Primary Care Association
- TX Health and Human Services
- UCB Pharma
- Valley Hospital
- Vikasa Integrative Medicine Health Expo
- Yuma County Women's Health Expo
- Yuma Regional Medical Center
- ZeOmega

Finance/Fintech/Banking/Insurance

- AIG Retirement Services
- Alabama Bankers Association
- Allstate Insurance
- Bank of America
- Canaccord Genuity
- Capital One
- Chicago Trading
- Fidelity Investments
- Florida Institute of Certified Public Accountants
- Frontline Insurance Company
- Janney Montgomery Scott
- John Hancock
- Junior Achievement of Central Florida
- Merrill Lynch
- Milliman Financial Risk Management
- Million Dollar Round Table (MDRT) Top of the Table
- Million Dollar Round Table (MDRT) Annual Meeting
- Texas Association of Health Underwriters (TAHU)
- Thriving Firm Talks for Accountants
- TIAA
- TMG-COOP Financial
- TransAmerica
- Triage Consulting Group
- UBS Wealth Management
- Wawanesa General Insurance Company

brainSHIFT creates a culture of wellness so your people manage stress, improve mental well-being, & optimize performance.

- Dr. Romie Mushtaq, M.D., ABIHM

Hospitality/Tourism/Restaurants/Food & Beverage

- Aimbridge Hospitality
- Association of Luxury Hotels International (ALHI)
- Atlantis Hotel
- Brown-Forman
- Evolution Hospitality
- Expedia Group
- Hampton Hotels
- International Association of Exhibitions and Events (IAEE)
- Kinsley Meetings
- Silicon Valley Business Travel Association (SVBTA)
- Smart Meetings
- Tate & Lyle
- Women's Food Service Forum

Legal

- Baker Hodstetler Law Firm
- Barry School of Law
- Blank Rome
- Central Florida Association of Women Lawyers
- FAMU School of Law

Technology/Manufacturing

- BASF
- Dematic North America
- ESG Global
- Five9, Inc.
- Google
- Infusionsoft
- Leidos
- Lockheed Martin
- Microsoft
- Oracle
- Rivian
- Salesforce
- S.E.A. Limited
- SMC3

Advertising/Real Estate/Government/Non-Profit/Other Business

- 3% Conference, Women in Advertising
- American Business Women's Association (ABWA)
- Association of Junior Leagues International (AJLI)
- Booth School of Business Women's Leadership Conference
- CEO IQ Columbus
- Crane Group
- Connecticut Women's Consortium
- Entrepreneur's Organization (EO)
- Executive Women's Roundtable, Dallas
- Femprofessionals
- Florida City & County Management Association
- Florida Women's Executive Council
- Foundation of Holistic Life Coaching
- Girl Scouts of Citrus Council
- The Great Lectures Series
- J Walter Thompson (JWT)
- Junior League of Central Florida
- Make a Wish Foundation
- Nur Spirituality Institute
- Orlando Women's Conference
- Our Children Our Impact
- Support Our Scholars
- VTS
- Wichita Women's Fair
- Women's Executive Exchange of Central Florida

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EDUCATION CLIENTS:

Universities & Colleges/Fraternities

- Alpha Phi
- Florida Agriculture and Management University (FAMU)
- Florida Polytechnic University
- Medical College of Wisconsin, Milwaukee, WI
- Medical University of South Carolina
- Meharry Medical College
- Molloy College, Long Island, NY
- Orange Coast College, Costa Mesa, CA
- Passeic Community College, NJ
- Rollins College, Winter Park, FL
- Seminole State College, Sanford, FL
- Texas A&M University
- University of Central Florida
- University of Chicago, Booth School of Business
- University of Miami School of Medicine
- University of Michigan
- University of Pittsburgh Medical Center

School Districts/Associations

- Bethpage School District (NY)
- Bellmore School District (NY)
- Board of Cooperative Education Services (BOCES)
- Franklin-Essex-Hamilton BOCES
- Herricks School District (NY)
- Heuvelton Central School District (NY)
- Lawrence Public Schools (NY)
- Long Beach Public Schools (NY)
- Long Island Association for Supervision and Curriculum Development (NY)
- Massachusetts Association of School Superintendents (MASS)
- Nassau County Council of School Superintendents (NCCSS)
- Norfolk Public Schools (NY)
- Plainview-Old Bethpage School District (NY)
- Project Lead the Way
- School Administrators Association of New York State (SAANYS)
- Springfield Public Schools (NY)
- St. Lawrence-Lewis BOCES (NY)

About Dr. Romie



Physician, Chief Wellness Officer, Founder: "brainSHIFT at Work"

Dr. Romie Mushtaq, MD is a triple-board certified physician, award-winning speaker, and Chief Wellness Officer.

- Over 20 years of authority in neurology and integrative medicine
- Mindfulness expert
- Chief Wellness Officer for a company with over 7000 employees, scaling mindfulness and wellness programs
- National media expert featured on TED talks, NPR, NBC, Fox, Forbes
- Founder of brainSHIFT at Work: Heal Stress & Restore Mental & Physical Well-Being
- Hired by Fortune 500 companies, professional athletes, & global organizations.
- [Click here to watch Dr. Romie on stage](#)
- [Click here to watch a sample virtual/pre-recorded event](#)

Join the Movement: brainSHIFT

- Since 2020 and the global pandemic, Dr. Romie has presented over 170 interactive virtual workshops and lectures.
- The brainSHIFT at Work 8-week virtual workplace wellness program has healed teams in technology, finance, hospitality, & healthcare.
- For a list of clients & testimonials, visit: <https://drromie.com/speaking>

Testimonials:

Dr. Romie's wittiness, empathy, and mindfulness has impacted our entire organization during her time as Chief Wellness Officer at Evolution Hospitality. The Power of Pause and Digital Detox Challenges have been adapted by over 70% of the company. On our annual pulse surveys, Dr. Romie's programs were the most requested to help improve morale.

- B. Farias, Corporate Director of Talent, Evolution Hospitality

"Dr. Romie doesn't just deliver engaging programs, she creates cultural movements based on mindfulness and wellness."

- AIG Event Planning Team

"You were such a pleasure to work with the whole time. You were so flexible which we really appreciated. The way you started out with the super animated greeting was so unexpected and put everyone in a different frame of mind."

- Lisa Bochner, Blank Rome

300+ clients have introduced brainSHIFT to their teams:



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