

# brainSHIFT

Whole Person Wellness for Your Brain, Body, & Team



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

**PHYSICIAN | MINDFULNESS EXPERT | CHIEF WELLNESS OFFICER**

## Mental Health & Stress-Management Workshops

### **brainSHIFT for Teams: 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.

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 the wellness and sleep programs.
6. Learn practical mindful techniques to implement in the corporate workspace.

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

Due to the global pandemic, boundaries between work, family, and home life are blurred - fueling a women's health crisis. If you have difficulty focusing, anxiety, and disturbed sleep, it could be a Busy Brain. brainSHIFT for Women Leaders is a scientifically based program that will help you optimize your brain function to promote high performance, sanity, and sleep.

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.

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## Workplace Wellness & Leadership Programs

### brainSHIFT: Creating a Culture of Wellness

As healthcare and corporate America face a mental health crisis and 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 & change makers, 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 the 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 the United States & Canada.
5. Implement four leadership principles to create a culture of wellness in your organization.

Dr. Romie serves as Chief Wellness Officer for Evolution Hospitality, one of the first physicians named in such a role in corporate America in 2018. She successfully scaled a customized mindfulness & wellness program to over 7000 employees, creating a culture change based on wellness. This session is a two-way conversation about her on-the-ground wisdom on leadership and implementing a wellness framework to create cultural movements.

### Power of Pause: Mindfulness to Transform Teams

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.

Dr. Romie Mushtaq, MD is a triple board certified physician and serves as a Chief Wellness Officer for a company of over 7000 employees. The brainSHIFT Protocol was created after three years of her research, bringing together neuroscience, integrative medicine, and mindfulness.

Attendees will:

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

“ Dr. Romie presented our keynote lecture at Evo's leadership conference in 2016 and received the highest positive feedback of any speaker in our conference history. We hired her as a consultant to work with our senior executive leadership team, and then created a position for her as our Chief Wellness Officer. Her impact on our organization is far reaching to our employees and their families. ”

- J. Murphy, President  
Evolution Hospitality

# 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:**



join the movement: brainSHIFT