

Biography

Note: This is to be used as written and not altered. Please contact our team (info@drromie.com) if you need a different length.

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.

Website: <https://drromie.com/>

LinkedIn: <https://www.linkedin.com/in/drromie/>

Twitter: <https://twitter.com/DrRomie>

Instagram: <https://www.instagram.com/drromie/>

Facebook: <https://www.facebook.com/DrRomie>

YouTube:

https://www.youtube.com/channel/UC05grQ3WOYK_BX7hxTlvt7w?view_as=subscriber

Dr Romie Event Marketing & Stage Intros

BIO FOR MARKETING ON WEBSITE

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STAGE INTROS

brainSHIFT for Teams: 3 Steps to Break the Stress-Success Cycle

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Do you have trouble focusing on your to-do list? Are thoughts racing through your mind when you try to fall asleep? Have the usual stress management techniques stopped working for you? These are all signs you have a Busy Brain.

Today, our speaker, Dr. Romie Mushtaq, is here with a busy brain cure called "brainSHIFT." Dr. Romie is a triple board-certified physician, award-winning speaker, & national media expert. She mixes her unique authority in neurology, integrative medicine, and mindfulness to transform cultures and teams. Dr. Romie currently serves as Chief Wellness Officer at Evolution Hospitality, where she has scaled a mindfulness and wellness program for over 7000 employees.

Let's get ready to brainSHIFT, and welcome, Dr. Romie.

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STAGE INTROS

brainSHIFT for Women Leaders: Brain Science of Beating Burnout

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Have the boundaries between your job, sleep, and personal life disappeared? When you try to relax, do you have random and racing thoughts in your brain?

Women's health and leadership opportunities are in a crisis, and Dr. Romie has a solution for us today - brainSHIFT.

Dr. Romie is a triple board-certified brain doctor, award-winning speaker, and national media expert. She entered neurology at a time when less than 5% of brain doctors in the US were women. She has over 20 years of authority in neurology, integrative medicine, & mindfulness - and uses these skills to transform teams and cultures.

Dr. Romie currently serves as Chief Wellness Officer at Evolution Hospitality, where she has scaled a mindfulness and wellness program for over 7000 employees. Her life mission is to show up as a STEMinist in Stilletos to advocate for women and girls from Kindergarten to the C Suite. Today Dr. Romie is here to help us brainSHIFT and learn the brain science of creating a conscious sisterhood.

Dr Romie Event Marketing & Stage Intros

STAGE INTROS

VIRTUAL INTRO

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