

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

Headshots

Download directly from Dropbox:

<https://www.dropbox.com/scl/fo/exfj3igz0kxqqfeoc5w0p/h?dl=0&rlkey=dxjevq23spiypj8yl1pz5tnun>



In-Person A/V Requirements

- Lavalier microphone
- Handheld microphone for audience Q&A
- Computer or set up for slides
 - will send in advance and bring on flash drive
- Remote for slide advancement, if available.
- No podium
- If possible confidence monitor with timer
 - Dr. Romie has no notes for her talks,
 - please display full screen slides
- Please let us know the color of the set and backdrop
- Note for lighting if you have a black background:
 - Dr. Romie has dark hair.
 - Please adjust lighting as necessary
- Please provide method for audience Q/A interaction:
 - microphones, questions in conference app, etc
- We request to keep bottle water on stage for Dr. Romie, thank you.

Technology Checklist

Contact and Introduction Details:

- Pronunciation of name: Dr. Romie (rhymes with homie)
Mushtaq (moosh-talk)
- Dr. Romie's contact, in case of schedule change or other situation:
 - Direct email drromie@drromie.com
 - Direct cell phone number: 407-494-8086

Dr. Romie's Equipment for Virtual Presentations

- 2021 Mac studio display
- 2021 MacBook Pro
- Camera: Logitech 4K Brio HD
- Audiotechnica microphone
- Wired Internet connection: Ethernet with high speed internet connection (commercial not residential)
- Professional lighting and background
- Dr. Romie uses Keynote for slides, please let us know if your platform requires Google Slides/Powerpoint (common for Google meet up)

Presentation Requests:

- Host from your Company to introduce Dr. Romie and assist with Q&A
- Ability to share a link for digital educational materials (hosted on Dr. Romie's website)
- Interactive session with chat enabled is preferred. This is used for audience engagement throughout the presentation.
- Polls if available (we will provide text in advance for 1-2 polls)
- Q&A period after presentation with ability for participants to submit questions.
- Company host to read Q&A without names.

Technology Checklist

Zoom:

- If using your platform, please invite Dr. Romie in advance as a "Panelist" (drromie@drromie.com).
- Screen sharing ability needed, with full control for Dr. Romie.
- Dr. Romie's video should be pinned once the presentation begins and all others are requested to turn off their video at this time.
- Chat and Q&A features are requested for use during the program. Please advise in advance if these are not available.
- If Zoom Meeting is being used, Moderator should ensure all participants are muted except when asking questions during Q&A.
- Technical support from the client team is requested during the presentation, when using on the client's platform.

Webex

- Please invite Dr. Romie in advance as a "Panelist" (drromie@drromie.com).
- Screen sharing ability needed, with full control for Dr. Romie. Ensure there is a smooth transition from the moderator to Dr. Romie.
- Dr. Romie's video should be pinned once the presentation begins and all others are requested to turn off their video.
- Please pin Dr. Romie's slides side by side to the live screen of her speaking at a 1:1 ratio if possible.
- Chat and Q&A features are requested for use during the program. Please advise in advance if these are not available.
- Test for communication/audio/visual delays.
- A final tech check 30 minutes prior to the program is requested.
- Technical support from the client team is required during the presentation.

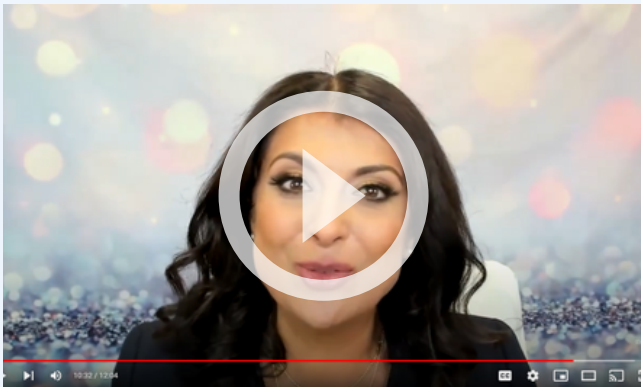
Technology Checklist

Microsoft Teams:

- Please let us know if presentation is in webinar or meeting mode
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- Please pin Dr. Romie's slides side by side to the live screen of her speaking at a 1:1 ratio if possible.
- Chat and Q&A features are requested for use during the program. Please advise in advance if these are not available.
- Test for communication/audio/visual delays.
- A final tech check 30 minutes prior to the program is requested.
- Technical support from the client team is required during the presentation.
- Please ask your host or Tech Team to keep all other guests muted during the presentation

Video Clips

- Virtual pre-recorded event: <https://youtu.be/CNi90pxVSq8>
- Mindful Leadership: <https://www.youtube.com/watch?v=EMnXKB3wMPc>
- Power of Pause: <https://youtu.be/PuWyiC672po>
- TedX Fargo: <https://www.youtube.com/watch?v=sIKAFdJ8ZHY>



Testimonials

"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 of over 7000 people is far-reaching to not only our employees, but also their families."

John Murphy,
President, Evolution Hospitality

"Thought I would share what a wonderful time we had with Dr. Romie at our TPA Business Owners Conference in 2019. I feel so blessed to have met her and now having had the opportunity to have her present for Transamerica several times this year. I can see a long standing relationship with Dr. Romie and Transamerica, she had the highest engagement of any of our speakers. Thank you again for giving me the opportunity to meet her first hand."

Cindy Villa
Senior Manager, Meetings & Events
Workplace Distribution & Client
Engagement, **TransAmerica**

"You set the uplifting tone for the whole women's leadership program. The way you opened was sheer perfection - the super animated greeting was so unexpected and put everyone in a different frame of mind. And you held everyone's attention and kept them engaged. It was an absolute pleasure to work with you during every step of this process, you were so flexible which we really appreciated."

Lisa Bochner, Director of Business
Development, Blank Rome LLP

"You made it so turnkey and easy for us. Compared to our other vendors and programs, this one was easy & seamless."

January Cantrell, Director of Meetings
and Events, **AIG Financial Services**

"Your virtual event pretty much mirrors your in-person engaging events."

Jeannette Smith, Vice President, **Leading Authorities**

Dr Romie Event Marketing & Stage Intros

BIO FOR MARKETING ON WEBSITE

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Dr. Romie currently speaks and consults for 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.

Dr Romie Event Marketing & Stage Intros

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.

Dr Romie Event Marketing & Stage Intros

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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