

brainSHIFT

Whole Person Wellness for Your Brain, Body, & Team

Dr. Romie Mushtaq, M.D., ABIHM

PHYSICIAN | AWARD-WINNING SPEAKER | AUTHOR *BUSY BRAIN CURE*
CHIEF WELLNESS OFFICER, EVOLUTION HOSPITALITY



Mental Health, Wellness, Stress-Management Programs

brainSHIFT for Teams: Build High-Performing Brains and Teams

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 heal a Busy Brain & break your Stress-Success Cycle.

In this 60-minute interactive training, attendees will:

- Score your current stress level - do you have a Busy Brain or burnout?
- Start the 7-day brainSHIFT challenge to tame Busy Brain and start to heal the negative impact of chronic stress
- Join an interactive Q&A with Dr. Romie to get actionable stress management techniques.
- Receive digital educational materials to implement the wellness and sleep programs.
- Learn brainSHIFT techniques to help your team manage stress and improve mental well-being

brainSHIFT for Women Leaders: Brain Science of Success

The 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, improve mental well-being, and lead with a calm confidence.

In this interactive 60 minute keynote presentation:

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 brain health.
4. How men can be allies, mentors, and sponsors in the workplace.

brainSHIFT

Workplace Culture & Leadership Programs

brainSHIFT: Build and Lead a Culture of Wellness

As companies face a mental health crisis and record employee burnout rates, the answers are found beyond health fairs, apps, or lectures. To change the state of our business and relationships, we must first address the state of our brain function.

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.

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: Mindful Leadership to Transform Teams

The Power of Pause transforms us into mindful leaders who quickly face fears, rise above the panic, and find a path to calm consciousness- all necessary during organizational change.

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 certified physician, award-winning speaker, author, & Chief Wellness Officer.

- Over 20 years of authority in neurology, mindfulness, and integrative medicine
- 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
- Hired by Fortune 500 companies, professional athletes, & global organizations.
- Author of *Busy Brain Cure* Book (Harper Collins 2024)
- [Click here to watch Dr. Romie on stage](#)
- [Click here to watch a sample virtual/pre-recorded event](#)

Join the Movement: brainSHIFT

- Over 300 teams have introduced researched and scientifically validated brainSHIFT protocol to their teams.
- The brainSHIFT at Work 8-week virtual workplace wellness program has healed teams in technology, finance, hospitality, insurance, & 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