

Spark a cultureSHIFT™

Brain science to build cultures of care, connection, & resilient leadership.



Dr. Romie Mushtaq, MD ABIHM works with organizations who are ready to cultureSHIFT™: transforming change fatigue into resilient leadership through brain science, connection, and hope.

Praise for Dr. Romie's Keynote Events:

*"What an honor and privilege to work with Dr. Romie Mushtaq, MD, ABIHM and bring a message of **leading with hope** to our organization. It has now been a few weeks ago but it's clear **her session had a lasting and positive impact on the team and their mindset!** Thank you Dr. Romie Mushtaq, MD, ABIHM for sharing your leadership and expertise with HCA Healthcare and the Research Institute."*

— Michelle Rowe, RN
Vice President Operations, HCA Healthcare

"Dr. Romie had the most engaging session of our entire national sales conference including the most audience questions and participation. I know that her messaging and content really resonated with people both personally and professionally. We have partnered with her for over four years, and will be partnering with her for four more conferences."

— Hayle Derderian,
Events Manager, Fidelity Investments

"YOU ARE INCREDIBLE! An inspirational speaker and a beautiful human being! Thank you for making such a valuable contribution to our conference – people cannot stop talking about it."

— Debra P.
Chief Human Resources Officer, Concord

cultureSHIFT: Finding Hope & Building Resilient Leadership (Leadership Keynote)

Change fatigue can draining leaders and teams. Dr. Romie blends neuroscience with leadership strategy to show how hope & human connection can transform uncertainty into clarity, stress into resilience, and culture into performance.

- The brain on change: Why uncertainty fuels stress and disengagement.
- The hope circuit: Rewiring stress into resilience and adaptability.
- From resistance to resilience: Leading with empathy and clarity to build trust and performance.

brainSHIFT: Heal Stress, Build Resilience, & Ignite Peak Performance (Resilience Program)

Chronic stress and change fatigue are overwhelming today's workforce, leaving people burned out and disconnected. In this program, Dr. Romie introduces her evidence-based brainSHIFT protocol, empowering individuals and teams to reset their busy brains, reclaim focus, and reconnect to purpose and hope.

- Heal chronic stress: How change fatigue rewires the brain—and how to reset it.
- Peak performance: Brain science tools to sharpen focus, boost energy, and sustain results.
- Connection & hope: Building resilience by reconnecting to purpose, people, and possibility.

Backed by neuroscience and delivered with sass, soul, and storytelling, triple board-certified neurologist **Dr. Romie transforms workplace culture with science-based wellness initiatives that reduce stress, boost mental well-being, and create connected cultures.** She has over 20 years of leadership experience in healthcare & organizational wellness. She is the author of the national best-selling book, *The Busy Brain Cure* and the Chief Wellness Officer for Great Wolf Resorts.

Ready to spark a cultureSHIFT™ at your next event?

Book Dr. Romie:

✉ info@drromie.com

🌐 www.drromie.com

☎ (888) 854-5744

Dr. Romie

What sets Dr. Romie Mushtaq apart as a keynote speaker:

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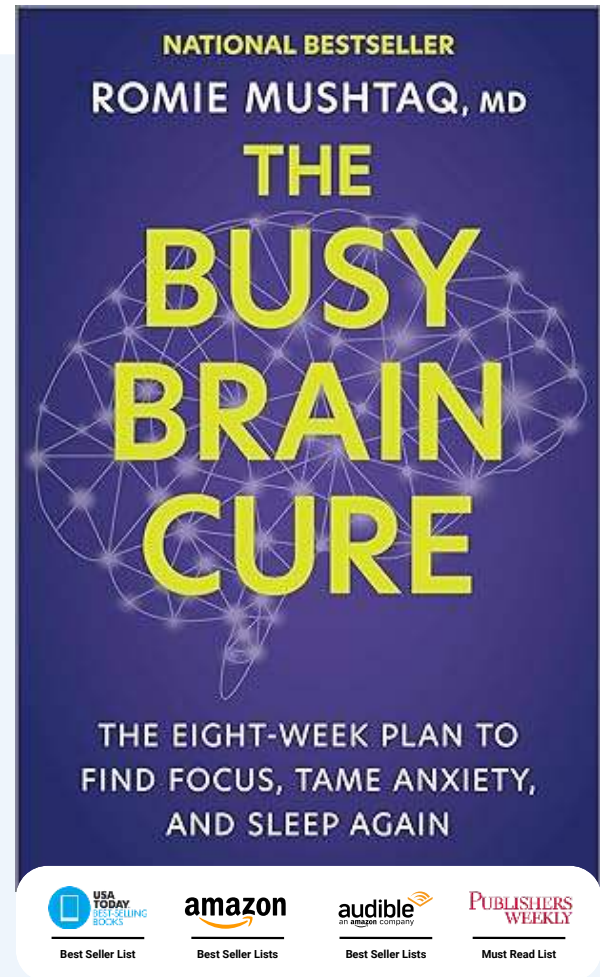


- Award winning, top booked speaker on leadership, wellness, & culture
- 20 years of leadership experience in healthcare & organizational wellness
- USA Today & Amazon Bestseller – *The Busy Brain Cure*
- National Media Expert NPR, NBC, ABC, CBS, Fox, Forbes, and TED talks.
- Triple Board-Certified Physician in Neurology & Integrative Medicine
- Chief Wellness Officer for Great Wolf Resorts, leading innovative wellness program for over 13,000 employees.

Over 800+ corporations, including Fortune 500 leaders:

Dr. Romie designs wellness initiatives that help employees manage stress, build resilience, boost mental well-being, and perform at their peak.

Combining science, sass, & storytelling- audiences find transformation in interactive & highly engaging programs that leave teams finding hope in times of change.



Praise for Dr. Romie's Book:

"For any leader searching for a solution to the workplace mental health and burnout crisis, The Busy Brain Cure, offers a compelling research-based program based on the latest brain science. Dr. Romie's unique authority as a physician, Chief Wellness Officer, and compassionate leader has helped countless individuals and teams rethink their relationship to stress and build wellness cultures."

**John Murphy, CEO,
Great Wolf Resorts**

"Dr. Romie shared brainSHIFT with the Operations Team at Delta Airlines, and assessing our Busy Brain scores gave us an idea of the risk of stress and burnout in our employees. We appreciated her humor, energy, and education to help us become productive and effective leaders. She uses these same skills in Busy Brain Cure to give readers real-time, easy to implement solutions."

**Charise Evans, Vice President,
Airport Operations Field Support, Delta Airlines**

