

Biography

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Dr. Romie is a triple board-certified physician, award-winning speaker, and nationally recognized wellness expert. She brings together over 2 decades of leadership in healthcare and hospitality, and today she is on a mission to transform workplace culture and leadership with brain science-based solutions. She speaks and consults with Fortune 500 leaders, professional athletes, and global associations on helping leaders build future-ready teams that move from pressure to performance.

In addition to being an award-winning speaker, Dr. Romie serves as the first Chief Wellness Officer for Great Wolf Resorts, where she spearheads programs and initiatives designed to build a wellness-focused culture for over 13,000 employees and curate unique wellness experiences for guests.

Dr. Romie's insights for workplace wellness & cultural transformation are cited in the world's leading publications. She has been featured in TED talks, NBC, CBS, FOX, Forbes, NPR, and dozens of other international media outlets.

Her book, *The Busy Brain Cure: The Eight-Week Plan to Find Focus, Tame Anxiety, and Sleep Again*, was released globally in January 2024 and is a national USA Today and Amazon bestseller. Learn more about Dr. Romie at drromie.com or @DrRomie on social media.

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

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

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

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