



BrainSHIFT

UPLEVEL YOUR MOOD, MEMORY,
& LEADERSHIP PERFORMANCE

Dr. Romie

AS SEEN
ON:



"We live & work in over-stressed and sleep deprived environments. My programs bring together brain science and mindfulness to teach audiences how to control stress, transform into mindful leaders, & cultivate creativity and innovation in the workplace. You will learn how to live and lead with a calm and controlled mindset."

- Dr. Romie

CORPORATIONS and COMPANIES:

- Fidelity Investments
- Microsoft
- Dove (Unilever)
- JWT (J Walter Thompson)
- Evolution Hospitality
- ESG (Technology)
- Infusionsoft
- Merrill Lynch
- Bank of America
- Hampton Hotels
- GlaxoSmithKline
- UCB Pharma
- Novartis
- Alcon Pharmaceuticals
- TMG-COOP Financial
- ZeOmega
- Project Lead the Way
- Advanced Recovery Systems
- Smart Meetings
- Association of Luxury Hotels International (ALHI)
- Oracle
- Dematic North America
- Foundations Recovery Network
- Project Lead the Way
- Atlantis Hotel
- NextGen Healthcare
- TransAmerica
- Dematic, North America
- Hilton Head Health Institute
- Baker Hodstetler Law Firm
- Frontline Insurance Company
- Altathera Pharmaceuticals
- SIS Surgical

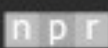
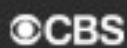


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ASSOCIATIONS and NON-PROFIT ORGANIZATIONS:

- Million Dollar Round Table (MDRT) Top of the Table
- Million Dollar Round Table (MDRT) Annual Meeting
- Texas Association of Health Underwriters
- Healthcare Financial Management Association
- Board of Cooperative Education Services (BOCES)
- 3% Conference, Women in Advertising
- Florida Institute of Certified Public Accountants
- Wichita Womens Fair
- CARES- Congenital Adrenal Hyperplasia Foundation
- Foundation of Holistic Life Coaching
- Junior League of Central Florida
- Junior Achievement of Central Florida
- Central Florida Association of Women Lawyers
- Florida Women's Executive Council
- Femprofessionals
- Nur Spirituality Institute
- Yuma County Women's Health Expo
- Vikasa Integrative Medicine Health Expo
- Thriving Firm Talks for Accountants
- Women's Executive Exchange of Central Florida
- Entrepreneur's Organization (EO)
- Orlando Women's Conference
- The Great Lectures Series
- Seattle Dental Club
- CT Women's Consortium
- Tennessee Primary Care Association
- ASHRM
- SVBTA
- ABWA
- BOCES

"YOUR MIND IS STRONG MEDICINE"

Romila "Dr. Romie" Mushtaq, MD

Featured Expert On:



THE HUFFINGTON POST



MEDICAL AND HEALTHCARE:

- Medical University of South Carolina
- University of Pittsburgh Medical Center
- Legacy Healthcare Systems, Portland Oregon
- Yuma Regional Medical Center, Yuma, AZ
- Providence Hospital System, Seattle, WA
- Medical College of Wisconsin, Milwaukee, WI
- Aspirus Hospital, WI
- Meharry Medical College
- American Osteopathic Colleges of Ophthalmology and Otolaryngology-Head and Neck Surgery
- American Epilepsy Society
- South Carolina Association of School Nurses
- Academy of Integrative Health Medicine
- Florida State Association of Rehabilitation Nurses
- American College of Osteopathic Emergency Physicians
- Children's Hospital of MN
- Orthopedic Trauma Association
- Spring Valley Hospital

UNIVERSITIES AND COLLEGES:

- Texas A&M University
- Molloy College, Long Island, NY
- University of Michigan, Ann Arbor, MI
- Rollins College, Winter Park, FL
- Florida Agriculture and Management University (FAMU), Orlando, FL
- Barry School of Law
- FAMU School of Law
- Passaic Community College, NJ
- Seminole State College, Sanford, FL

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For more information, testimonials, and videos:

DrRomie.com

Social Media Influencer

@DrRomie



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About Dr. Romie Mushtaq, MD

Dr. Romie Mushtaq, M.D., ABIHM, is a traditionally trained neurologist with additional board certification in integrative medicine. Dr. Romie brings together medicine and mindfulness to inspire audiences to heal from stress-based illnesses, achieve peak performance, and harness the power of mindful leadership. All of Dr. Romie's interactive programs are based in the latest research neuroscience, positive psychology, and mindfulness.

EDUCATION:

Dr. Romie completed her medical training at the Medical University of South Carolina, University of Pittsburgh Medical Center and the University of Michigan where she won numerous teaching and research awards. She previously served as faculty at the Medical College of Wisconsin. After surviving career burnout and undergoing life-saving surgery, she traveled the world learning meditation, yoga and mindfulness techniques. She then used this knowledge to train and seek additional board certification in Integrative Medicine.

CURRENT ROLES:

Dr. Romie is a highly sought-after professional speaker, teaching the medicine behind mindfulness to groups and corporations. Her unique style captivates audiences to understand their success-stress patterns, manage stress, and use the power of mindfulness for leadership, creativity, and innovation. Dr. Romie is also a national media expert and contributor in national press such as Fortune, Forbes, Success Magazine, Fox Business, The Huffington Post, and NPR. Dr. Romie shared her story and wisdom during her TEDx Talk "The Powerful Secret of Your Breath." She is currently writing her first book, "The Busy Brain Cure."

EVOLUTION HOSPITALITY, CHIEF WELLNESS OFFICER

Dr. Romie Mushtaq has been appointed Chief Wellness Officer for Evolution Hospitality, a privately held hospitality company headquartered in Orange County, California. As Evolution Hospitality's Chief Wellness Officer, Dr. Romie is responsible for leading the organization to better wellness bringing together her authority in brain health, integrative medicine, and mindfulness. Her initiatives have included research on the effects of digital device use in hospitality employees and implementing a corporate-wide meditation program- both of which are groundbreaking in not only the hospitality industry, but in Corporate America.

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