

Dr. Romie Mushtaq, MD

Leadership, Workplace Culture, & Wellness Expert; Chief Wellness Officer, Great Wolf Resorts

brainSHIFT for Teams: 3 Steps to Break the Stress-Success Cycle. 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 get to the issue's core and break your Stress-Success Cycle.

brainSHIFT is based on medical research and the latest scientific data on treating stress and burnout in the workplace since the start of the global pandemic. Dr. Romie has shared brainSHIFT with over 300 teams, Fortune 500 companies, and global associations.

brainSHIFT for Women Leaders: Brain Science of Success. Does it feel like the boundaries between your job, sleep, and personal life have disappeared? When you try to relax, do you have random and racing thoughts in your brain? The global pandemic has pushed women's brain and mental health to a crisis state. brainSHIFT is a scientifically based program that will help you optimize your brain function to promote high performance, sanity, and sleep. Let's brainSHIFT and learn the brain science of creating a conscious sisterhood.

brainSHIFT: Building & Leading a Culture of Wellness. Burnout, stress, and a mental health crisis. Leaders today face workplace culture and wellness challenges that require innovative solutions. The answers are found beyond health fairs, apps, and lectures.

What is available beyond employee assistance programs (EAP)? Are employees quietly quitting or quietly thriving?

brainSHIFT for Leaders is an interactive program to help you create a culture of wellness so that your people can manage stress and improve mental well-being. To change the state of our business and relationships, we must first address the state of our brains as leaders. When we improve our brain state and address the mental well-being of our team, we create a culture of wellness.

Power of Pause: Mindfulness to Transform Teams & Cultures. Change is a four-letter word that fosters fear. How will you lead your life without the worry and stress of change? Mindfulness teaches us that we are not just coping with "a new normal" but creating a new way of being. When we operate in the workplace from a subconscious realm of fear, stress-related symptoms of anxiety, panic, inability to focus, and insomnia predominate. *The Power of Pause* transforms us into mindful leaders who quickly face fears, rise above the panic, and find a path to calm consciousness. During this interactive mindfulness session, take a moment to pause, connect back to calm, and get refocused. We will practice scientifically proven breath and meditation techniques to use in the workplace and personally for improved focus, mood, and sleep.