

Romie Mushtaq

Neurologist & Chief Wellness Officer for Evolution Hospitality

Romila “Dr. Romie” Mushtaq, M.D., ABIHM, is a traditionally trained neurologist with additional board certification in integrative medicine.

Dr. Romie brings together Western medicine and Eastern wisdom to help individuals and audiences learn to heal from stress-based illnesses, achieve peak performance, and harness the power of mindful leadership. All of Dr. Romie's programs are based in neuroscience, positive psychology, and mindfulness. Dr. Romie has also traveled the world learning various mindfulness and yoga techniques, and combines her unique skill set to discuss the neuroscience behind mindfulness. A highly sought after professional speaker for corporations and associations, Dr. Romie has a gift for translating complex medical and scientific principles into easy to comprehend information. Her wisdom is featured in her TEDx talk, *The Powerful Secret of Your Breath*.

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.

Dr. Romie Mushtaq has been appointed Chief Wellness Officer for Evolution Hospitality. Evolution Hospitality is a privately held hospitality company headquartered in Orange County, California. In 2015 Evolution became a wholly-owned subsidiary of Aimbridge Hospitality, one of the largest privately-owned management companies in the world. 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.

After undergoing life-saving surgery herself, Dr. Romie traveled around the world learning mindfulness-based techniques. She now speaks and consults with Fortune 500 companies, professional athletes, and global associations. Her unique expertise is routinely featured in national media such as Forbes, NBC, Fox Business, NPR, TED talks, and dozens of other national media outlets. She is one of the first physicians appointed Chief Wellness Officers for a corporation, Evolution Hospitality, steering the mindfulness and wellness initiatives of over 6,000 employees and hosts their podcast, *Wellness Evolved*. She is currently working on her first book, *The Busy Brain Cure*. When Dr. Romie hits the pause button in her life, she meditates, spends time traveling, and believes dark chocolate is her medicine.