

Romie Mushtaq

Neurologist & Chief Wellness Officer for Evolution Hospitality

brainSHIFT: 3 Mindful Steps To Break The Stress-Success Cycle.

Modern leaders and employees are stuck in the never-ending "Stress–Success cycle". It's that cycle where we work too hard, stress, obsesses, and worry on our way to achieving goals—then once we achieve them, we just go right back into the cycle again. How often do you or your employees 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 core of the issue and break the Stress-Success Cycle.

Dr. Romie's keynote blends medicine and wellness into her "3 Mindful Steps" and will truly shift your personal and professional lives. This keynote goes into the neuropsychology and mental health syndromes affecting cognitive performance and emotional control—then wraps it all up in easy-to-digest and practical takeaways. Your audience will get Dr. Romie's science-backed program that everyone can go home with and implement right away for increased mental health and wellness. Let's change the way your brain and your team functions to create a more successful, balanced, and healthy life.

Takeaways:

1. Dr. Romie's "3 Mindful Steps" to create a truly *sustainable* work-life balance in the brain and at work.
2. Actionable take-home techniques for daily stress management
3. Science-driven mindfulness protocol to implement into your daily routines
4. Practical mindful techniques to implement in the corporate workspace

The Power of Pause: Mindful Leadership To Transform Teams and Cultures.

It's 2019 and leaders are searching for more mindful and effective ways to live and work. This doesn't mean leaders are just looking for "peace of mind"—it means they are also searching for a quantifiable increase in business, looking to attract and retain engaged employees, and create a workplace that attracts top talent. It's common for businesses today to feel the drag of reduced productivity, employees calling out on too many sick days, and employees multitasking too much or working with tension and judgment. Let's instead create leadership that empowers employees who feel competence and success.

The "Power of Pause" is the solution to the workplace epidemic of stress, busy brains, and toxic leadership. In this keynote, Dr. Romie provides the tips and techniques to transform teams, cultures, and reinvent organizations by installing wellness from the top down. Dr. Romie's 'Power of Pause' will help you create a win/win for your organization, gain responsibility and respect as a leader, and create an engaged and productive workspace.

Takeaways:

1. The psychology of increased employee engagement and productivity
2. The best ways to make your employees feel like they're part of the team
3. Learn the science behind implementing mindfulness into organizations

4. Action steps to improve workplace happiness and performance
 5. Learn how to increase employee happiness, gratitude, compassion, and how you can be in service to your team
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