

Dr. Romie Mushtaq, MD

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

A board-certified physician, award-winning speaker, and nationally recognized wellness expert, Dr. Romie Mushtaq is on a mission to transform mental health and wellness in the workplace. She is the founder of brainSHIFT Institute and advises Fortune 500 leaders, professional athletes, and global associations on performance, leadership, and mental health for individuals and teams. She combines more than two decades of authority and leadership in neurology, integrative medicine, and mindfulness to deliver cutting-edge programs and create tangible cultural change.

Dr. Romie's brainSHIFT programs help clients to build a culture of caring for your people to manage stress, improve mental wellbeing and optimize leadership performance. The bottom-line results for teams that Dr. Romie's programs deliver are:

- Transforming managers into leaders
- Reducing per-employee healthcare costs
- Fostering a sense of belonging and community within teams
- Strengthening engagement and commitment to your organization's mission

Exclusively represented by Leading Authorities speakers bureau, Dr. Romie brings her signature style and energy to the stage in an interactive experience for audience members to assess their brain power and walks them through her scientifically validated protocol on healing stress and burnout. As she walks groups through the principles of brainSHIFT, she shares actionable takeaways for igniting a workplace transformation and moving teams from a place of quietly quitting to building a culture of wellness.

In addition to founding brainSHIFT, Dr. Romie is the first chief wellness officer for Great Wolf Resorts, where she spearheads programs and initiatives designed to build a wellness-focused culture for more than 12,000 employees, as well as curate unique wellness experiences for guests. Previously, she served as Evolution Hospitality's first chief wellness officer, scaling mindfulness and wellness programs for more than 7,000 employees. Dr. Romie is not only the daughter of immigrants, but also a pioneer in her field; she entered neurology when less than five percent of neurologists were women. She has more than 20 years of leadership experience in fellowships, roles in academia, and healthcare. She has experienced both the highs of success, as well as the lows of burnout and a near-lethal disorder triggered by the stresses of work. These experiences sparked her shift toward mindfulness, meditation, and integrative medicine, which has impacted the lives of more than one million people across the globe.

As one of the faces of the movement toward a new, more effective concept of workplace wellness, Dr. Romie's insights for cultural transformation are cited in the world's leading publications. She has been featured in NBC, CBS, FOX, Forbes, NPR, *Inc.*, and *Huffington Post*, as well as dozens of other national media outlets. Her popular TEDx talk on "The Powerful Secret of Your Breath" has garnered more than 500,000 views. 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. Following its release, she was selected to discuss the book in depth for "Talks at Google" — an opportunity presented to only a handful of authors each year.

In addition to being a go-to authority on reworking the workplace using more person-oriented approaches, Dr. Romie is a self-described "STEMinist in Stilettos" who advocates for young girls and women to pursue roles in science, tech, engineering, math, and medicine.