Dr. Romie Mushtaq, MD

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

Bridging the Hope Gap: Building a Resilient, Purpose-Driven Workplace Culture. One of the biggest contributors to stress, burnout, and disengagement in the workplace is the Hope Gap—the disconnection between employees' aspirations and the reality of their daily work. When individuals feel stuck in roles that don't align with their purpose or can't see a clear path forward, motivation falters, performance drops and workplace culture deteriorates. In this powerful talk, I'll help leaders identify and close the Hope Gap, creating environments where employees feel truly valued, engaged, and inspired to do their best work. Drawing on a science-backed framework, I'll share practical, actionable strategies that leaders can implement to reignite purpose, foster psychological safety, and cultivate a resilient, high-performing workforce.

The Energy Equation: Unlocking Peak Performance & Leadership. As a leader, you are responsible for the energy you bring into the room—your energy sets the tone for your team. In this powerful and transformative talk, Dr. Romie Mushtaq reveals how the highest-performing leaders cultivate the mental clarity, emotional resilience, and focus necessary to sustain peak performance. Dr. Romie, author of the USA Today best-seller The Busy Brain Cure, draws on insights from psychology, neuroscience, and leadership research to demonstrate how managing your energy can directly influence team morale, productivity, and overall success. Through actionable strategies and science-backed tools, she empowers leaders to heal their "Busy Brain" and create the mental and emotional space needed for optimal performance—both for themselves and their teams.

The Neuroscience of Change Management: Leadership Wellness Strategies for Resilience and Peak Performance. Change is inevitable, but how leaders navigate it can make or break an organization. In this dynamic talk, Dr. Romie Mushtaq—board-certified neurologist, wellness expert, and author of The Busy Brain Cure—shares a powerful, science-driven approach to managing change with resilience and clarity. With over 20 years of experience in both healthcare and leadership roles, Dr. Romie brings a unique perspective on the neurological and psychological foundations of adaptability, showing leaders how to tap into their energy and emotional resilience during times of transformation. Whether you're dealing with mergers, acquisitions, or shifting industry landscapes, leaders who understand the neuroscience of change are better equipped to drive success, stability, and engagement. Dr. Romie's four-step framework will empower you to confidently navigate change: Define the chaos, lead with empathy and emotional intelligence, cultivate hope and purpose within teams, and implement mindfulness techniques to boost focus, well-being, and resilience. By focusing on your own energy—and helping others do the same—you'll turn the challenges of change into opportunities for growth.

neuroPerformance™: The Future of Your Brain and People at Work Brain science to help leaders and teams protect focus, energy, and human performance as AI and constant change reshape how we work.

cultureSHIFT®: The Future of Your Team, Building Trust in the Age of AI A leadership and culture program focused on protecting your brain, protecting your people, and protecting your business by strengthening trust, empathy, and human connection.