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Dr. Romie Mushtaq is a board-certified physician, award-winning wellness speaker and founder of “brainSHIFT at Work.” She brings more than 20 years of leadership and expertise in neurology, integrative medicine and mindfulness to deliver programs and create cultural change. Dr. Romie is on a mission to transform mental health and wellness in the workplace and currently works with Fortune 500 companies, professional athletes and global associations. Her book, *The Busy Brain Cure*, is scheduled for publication by Harper Collins in early 2024. In addition to her other roles, Dr. Romie serves as chief wellness officer for Evolution Hospitality, where she scaled a mindfulness and wellness program to more than 7,000 employees. Her expertise has been featured in national media such as NPR, NBC, TED Talks and Forbes.