



WORLDWIDE SPEAKERS GROUP LLC
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ROMIE MUSHTAQ

Dr. Romila “Romie” Mushtaq, M.D., ABIHM, is a neurologist, mindfulness teacher, sought out keynote speaker, and never-to-recover chocolate addict. She is the first Chief Wellness Officer for a corporation of 5,000+ employees in the United States (Evolution Hospitality), integrative medicine specialist, and mindfulness expert who has impacted over 1.1 million lives across the world through her keynotes and corporate workshops on mindfulness and brain health.

Dr. Romie entered neurology at a time when less than 5% of neurologists were women. After reaching the pinnacle of “success” while working 80-100hr weeks and achieving her career milestones, she developed a rare, nearly lethal health disorder. This experience sparked a shift towards mindfulness, meditation, and integrative medicine and led to her current path of shifting the minds of Fortune 500 leaders, organizations, and corporations through science-based meditation talks and workshops.

With nearly 20 years of expertise and her signature style, energy, and sass, Dr. Romie delivers dynamic corporate wellness keynotes and workshops, corporate leadership lectures, and business wellness consulting. She is an in-demand speaker with a popular TedX talk on “The Powerful Secret of Your Breath” and she is featured in NBC, Fox Business, Inc, CBS, Huffington Post, NPR, and dozens of other national media outlets. Dr. Romie has worked with Grammy-award winning musicians, top NBA/NFL/PGA athletes, and Fortune 500 company executives.