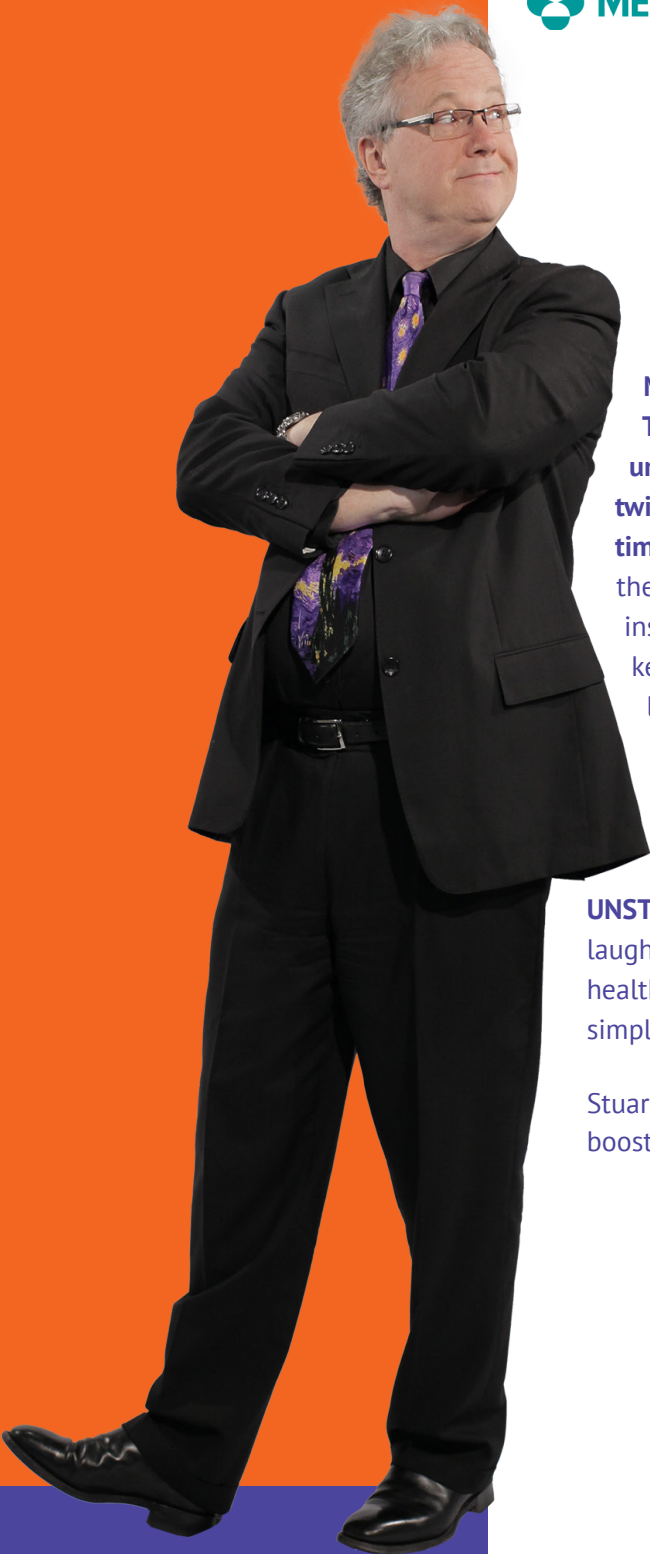




# Unstoppable Resilience: The Power of You



**Stuart Ellis Myers a.k.a. Twitchy** has uncontrollably twitched 30 million times to become the **WORLD'S ONLY** inspirational keynote speaker



living with anxiety, depression, bipolar and Tourettes. Stuart has overcome countless **UNSTOPPABLE** challenges to become a hilarious content-rich, 'Robin Williams Living with a Twitch.'

**GET READY** to take a deep dive into the hidden world of **UNSTOPPABLE**—ability to resurface refreshed, refueled, and refocused! Every laugh while you learn keynote is jam-packed with mind-blowing mental health, mental wealth insights. Stuart's life purpose shares surprisingly simple Unstoppable insights to boost mental health into mental wealth.

Stuart's life purpose shares surprisingly simple Unstoppable insights to boost mental health into mental wealth.

## LEARNING OUTCOMES

- Live, laugh & learn
- Embrace Emotional Resilience
- Deny distractions
- Mood mastery made easy
- Unravel Unstoppable Superpowers

*"... directly relevant, inspiring, unforgettable, and immediately usable by all our attendees ..."*

—Coca-Cola

*"... Your presentations were like tidal waves. Super positive feedback ..."*

—Expedia



**Book Twitchy Today!**

604-709-4446 | [stuart@itwitch.com](mailto:stuart@itwitch.com)

Speaker Demo Video: [www.itwitch.com](http://www.itwitch.com)

Inspirational Keynote Speaker living with Tourette Syndrome | Author | Filmmaker

# MEET TWITCHY

STUART ELLIS-MYERS

**50+ Years Lived Experience, Mental Health Speaker Biography**

Stuart Ellis-Myers a.k.a. 'Twitchy' is the world's only **863+ performance funny, inspirational keynote speaker** living with the rare and socially bizarre neurological disorder, Tourette Syndrome. Stuart shares invaluable insights on how to become Unstoppable, turn Mental Health into Mental Wealth and confidently create fundamental places of Workplace Safety.

What would you do if, out of the blue, your life turned upside down? What if you went from being happy and healthy to suddenly being devastated by anxiety, depression, and relentless twitching? At the age of eight, this is exactly what happened to Stuart Ellis-Myers.

Faced with a lifetime of frustration, isolation, and shame, Stuart did something remarkable! He chose to dedicate his life purpose to become a mental health keynote—revealing on-stage how to reduce mental health stigma. With 863+ performances behind him, today he travels to deliver content rich (never dull!) audience experiences, jam-packed with hilarious laugh-while-you-learn insights.

Stuart is a 50 years lived experience mental health expert who offers the tools (through clean comedy!) to manage anxiety, depression, OCD driven bipolar, and workplace disability—turning these crippling conditions into proven pathways back to regular health. From helping you to face the reality of your current situation; to offering guidance to help you seize the constant mental health opportunities that come our way each and every day; to providing easy to learn and easier to perform exercises to gain control over your fears and doubts.

Stuart invites you to join him in creating the foundation for your own mental health to mental wealth **UNSTOPPABLE LIFE**.

**Twitchy** inspires  
real results!



**Book Twitchy Today!**

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