

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!

604-709-4446 | stuart@itwitch.com

Speaker Demo Video: www.itwitch.com

Inspirational Keynote Speaker living with Tourette Syndrome | Author | Filmmaker

