

# Mental Health, Mental Wealth: Beauty & the Beast

## STRESS! DEADLINES! CHANGE!

60% of your  
people are  
experiencing  
heightened levels  
of workplace  
mental health  
issues.



Why do conference leaders such as Blue Cross Blue Shield and Addictions Mental Health Ontario engage Twitchy, a man living with Tourette Syndrome to speak on MENTAL HEALTH? Stuart Ellis-Myers has uncontrollably twitched 30 million times to become the WORLD'S only 863+ performance, MENTAL HEALTH, MENTAL WEALTH keynote speaker.

Twitchy hilariously holds **NOTHING BACK**. Gladly revealing **50 years** of lived experience living, laughing and learning how to overcome anxiety, depression, OCD, bipolar and the neurological disorder Tourette Syndrome.

### LEARNING TOOLS

- It's OK to Not Be OK
- Learn through laughter
- Slow down to quicken up
- Obsessively overcome negativity
- Compulsively calm and collaborate
- Anchor emotional awareness
- Halt hurts and hang ups



**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

*"... Thank you for being such a great leader in the mental health field. A true joy to get to see you speak. Loved the way you engaged the audience. You got personal, real yet kept it light hearted. Full of lived experience insights ..."*

—Sapna Mahajan, MPH, PMP, CHE  
Director, Office of the President &  
CEO Mental Health Commission

# 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](mailto:stuart@itwitch.com)

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

Inspirational Keynote Speaker living with Tourette Syndrome | Author | Filmmaker

