



I'm not stressed, I always look like this! © Phil Splitter

In this highly interactive and entertaining presentation, Phil puts forward the notion that although we have stress in our lives, it's how we manage it that can make the difference between thriving, simply surviving, or worse!

Phil will help you uncover the myths of what stress is, why we have it and what we can do about it, in a fun and light-hearted manner that will give you some much needed strategies for coping in the classroom, the staffroom – and beyond!

Phil, an accomplished speaker, writer, composer and humourist has been composing, recording and presenting together with his partner, composer, musician and Orff practitioner Susie, for more than 15 years.

Susie and Phil have recorded numerous albums of original exciting and uplifting music for children and adults alike, and provide workshops, artists in schools programs and presentations all around the world, all with the one goal – to help people feel good about themselves.

Through a mix of humorous examples, anecdotes and their original and motivating music, as well as some cold hard facts about stress, Phil will show you how to not only 'unstress in public' but actually enjoy yourselves along the way.

'I'm not stressed, I always look like this!' is a great way to begin a conference or special event or as an interactive workshop; leaving you feeling energised, empowered, enthused, entertained...and *inspired* to tackle the task of teaching... and living, with renewed enthusiasm.

Susie and Phil

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