

# JUDY WILKINS-SMITH

ORGANIZATIONAL, INDIVIDUAL AND  
FAMILY PATTERNS EXPERT

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[WWW.JUDYWILKINS-SMITH.COM](http://WWW.JUDYWILKINS-SMITH.COM)





“Judy is an amazingly skillful and insightful yet objective trainer, facilitator and coach. The work she does is deeply transformative and elevating both on a personal and professional level. I highly recommend her!”

KATHLEEN BOYD CMO AT HOUSTON AIRPORT  
SYSTEM

## ABOUT JUDY

Judy is a highly regarded organizational, individual and family patterns expert, systemic coach, trainer, facilitator, thought partner, leadership conference and motivational speaker and founder of System Dynamics for Organizations & Individuals. She has 18 years expertise in assisting high performance individuals, Fortune 500 executives and teams as well as legacy families, to break limiting cycles and reframe challenges into lasting breakthroughs and peak performance. Passionate about visionary leadership and positive, accelerated, global change, Judy uses her ability to understand critical dynamics in personal and organizational systems and the points at which they intersect, to create growth and success. She collaborates with decision makers to implement innovative, ‘whole system’ design elements, ensuring balance, appetite for excellence, passion and sustained success.

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## APPROACH

Judy uses the system dynamics and constellations work approach along with a dimensional approach called constellations, or interactive mapping, to map out issues and connect the dots. Participants can see, experience and acknowledge old patterns, recognize their purpose and create a new path. Then, we flip limiting cycles into breakthrough performance—personal and professional. It's truly life-changing.

Click to  
watch Judy!

What is Systemic Work  
and Constellations?

Clients Include



J.P.Morgan

ExxonMobil



JANE SMITH

Kellogg's

BOND  
CREATIVE SEARCH

LuckyBrand

WME

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# SUGGESTED TOPICS

## WHAT IS SYSTEMIC WORK AND CONSTELLATIONS

Systemic work and constellations offer us an entry point into an embodied experience of what keeps us stuck and what pivots us to a whole other level. In transformational constellations work you will learn that the lives we live are often not our own but rather a repetition of patterns set in motion in response to the events that our ancestors experienced. You see you don't just inherit your physical DNA you also inherit what I call your Emotional DNA. Your patterns of thoughts, feelings and actions. We are living the multi-generational patterns of our ancestors and assuming they are our own lives. In fact, these patterns are clues to what is trying to emerge through you. Your entire family system is geared towards your awakening. It is in service of you and it always has been whether you are connected to it or not.

## EMOTIONAL DNA

Think of Emotional DNA as a blueprint created by your ancestors, a set of decisions and events leading to patterns and outcomes. As your life unfolds, you end up repeating versions of these patterns that may have been created generations ago. This way of connecting with your family system is deeply unconscious, yet faithfully repeated. So, while the struggle is real, it may not belong to you.

## MONEY DNA

Many of us have been impacted by all things 2020. We want to get back on track! People tell me they know better is possible and they want to know how. I am asked continually—Do we inherit our patterns of thoughts, feelings, actions and outcomes, could it be that we also inherit patterns of thoughts, feelings, mindsets and outcomes around money? The answer is a resounding yes! Your Money DNA determines how you can or can't, will or won't make, lose, or accumulate wealth! And... you can change that! Transformation of your Money DNA is possible!

# 2021 AND BEYOND

## WORKSHOPS

Judy will lead 4 powerful workshops in 2021; Emotional DNA, Relationship DNA, Money DNA (Which occurs at Disney Florida) and Leadership DNA.

## BOOK (LATE 2021 OR EARLY 2022 FROM SOUNDS TRUE



To be published by the worlds leading thought, mind, body and spirit publisher; Sounds True, Judy's book will take Systemic Work and Constellations to new heights, expanding it from a tool to understand your patterns into a tool for transformation.



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