

WWW.JUDYWILKINS-SMITH.COM

INDIVIDUAL, ORGANIZATIONAL, AND FAMILY PATTERNS EXPERT

# JUDY WILKINS- SMITH

Media Kit 2023





## Take a quantum leap with Judy!



Known in executive leadership and coaching circles as "the Promotions Coach" (people she coaches constantly get promoted), we call Judy the Quantum Leap Coach, because whenever she shows up, amazing things happen in people's lives. Exponential personal growth, quantum leaps in business success, promotions, healthier relationships, breakthroughs in finances, amazing upsurges in creativity and productivity, and an all-round happier life! And it all happens through something called:

### Systemic Work and Constellations

#### CLIENTS INCLUDE

**Mars**



J.P. Morgan



**Kellogg's**

**ExxonMobil**







## A highly regarded coach, motivational speaker, thought leader and author

For almost two decades, Judy has been assisting high-performance individuals, Fortune 500 executives, organizational teams and legacy families to end limiting cycles and reframe apparent challenges into lasting breakthroughs and peak performance.

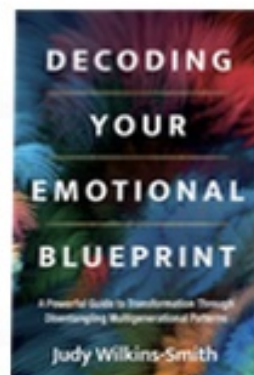
The Founder of System Dynamics for Individuals and Organizations, Judy is passionate about visionary leadership and inspiring positive, accelerated individual and global change.

*"Judy is an amazingly skillful and insightful yet objective trainer, facilitator and coach. The work she does is deeply transformative and elevating on a personal and professional level."*

~ Kathleen Boyd, CMO, Houston Airport System

**[Click to Watch Judy](#)**

Check out Judy's book  
***Decoding Your Emotional  
Blueprint: A Powerful Guide  
to Transformation Through  
Disentangling  
Multigenerational Patterns***





# SUGGESTED TOPICS

## WE INHERIT EMOTIONAL DNA FROM OUR ANCESTORS

The science of epigenetics shows that just as we inherit eye color and bone structure, we inherit emotional DNA from our ancestors—patterns of thought, feelings, attitudes, judgments, actions and inactions—passed down generation to generation. These patterns unconsciously influence every aspect of our lives: success, relationships, money, creativity, leadership, health, who we marry, how high we rise in business, where we live and how we live.

How do you find the authentic YOU amidst all these invisible inherited patterns and influences?

Well, where are you dissatisfied? Where do you feel stuck? What inspires you? What makes you happy? What makes you sad or angry? All these emotions are symptoms of emotional DNA—"messages" informing you about what no longer fits, what needs to go and what beckons you forward to a new, more fulfilling and healthy life.

## MAKE the INVISIBLE VISIBLE & the UNCONSCIOUS CONSCIOUS

Systemic Work and Constellations is a modality designed to enable you to literally see, hear, feel, identify and interact with previously invisible patterns and unconscious loyalties you've inherited from your family lineage and society. The "AHA!" insights gained through this approach provide people with a quick, powerful "reframe" of particular issues or problems. This new way of looking at things literally rewires your brain, enabling you to make immediate shifts in your thoughts, feelings, attitudes and actions, which, in turn, empowers you to start living life in a whole new way.

How is this possible?

Family systems, business systems, social systems are like constellations of stars in the sky, every member has a fixed place and role. By setting up a physical 3-D model of a system, you can literally walk through an issue lodged within that system and experience the dynamic patterns—the relationships, the interactions, the language—in a whole new way. Embodied "AHAs!" come swiftly!



# SUGGESTED QUESTIONS

- 1) How can old stuck patterns that have dragged people down for decades (or possibly even generations) be transformed in one session working with you?
- 2) Why do you call problems like obesity, addictions, anxiety, lack of motivation and low self-esteem "goldmines?"
- 3) You say the thoughts, beliefs and emotional patterns of a long-gone ancestor can literally be experienced by their descendants. Can you give me an example?
- 4) You talk about people being in a "systemic trance." What do you mean by that?
- 5) What if I'm adopted and don't know anything about my family? Can Systemic Work and Constellations still work for me?
- 6) You're coming out with a whole new approach to expand genealogy and ancestral research called "Genealogy 2.0." Can you please explain what that is?
- 7) What really is a Constellation and how does it work? It almost sounds like creating a kind of 3-D Virtual Reality for people to walk through, experience and learn from.
- 8) You say, "Beyond insight lies true transformation." Can you please explain what you mean by that?
- 9) So many people are passionate about wanting to change, but still end up blocked. Why is that?
- 10) You talk about how society is stuck using only a "Half Language." What do you mean by "Half Language?" How does that affect us?
- 11) What are meta-patterns?
- 12) If you had to pick one global meta-pattern holding humanity back, what would it be?

## WHY DO SO MANY HOSTS ASK JUDY BACK?

She's informative—a dynamic straight-shooter with an inspiring range of knowledge who never fails to entertain while always delivering juicy, yet usable, information for listeners and viewers.

She's empowering! What a relief for people to learn that restrictive and/or negative habits aren't their "fault" but rather contain the seeds of their life purpose. That once they stop identifying old emotional DNA patterns as belonging to them, they can shift and transform.

She's funny. Even discussing difficult subjects Judy knows how to keep things light enough for people to stay engaged.

# MEDIA

Judy Wilkins-Smith has appeared on national TV, including *The List* and *The Daily Flash*. She is a regular guest on many CBS, ABC, NBC and FOX affiliate talk shows across the country, including *The Morning After* in Dallas, *AM Northwest* in Portland, *Bloom* in Tampa, *Cincy Lifestyle* in Cincinnati, and WTTG News in Washington D.C.

She has conducted hundreds of radio and podcast interviews, including Coast to Coast Radio, Better Together with Maria Menounos and The Aware Show with Lisa Garr.

Magazines such as *Psychology Today* and *Spirituality & Health* have featured her articles.

## MEDIA REEL





# JUDY's BOOK

## DECODING YOUR EMOTIONAL BLUEPRINT: A Powerful Guide to Transformation Through Disentangling Multigenerational Patterns

*Break free from the limiting patterns that hold you back and achieve new heights of success with a groundbreaking approach called systemic work and constellations.*

Psychology/Psychotherapy  
Sounds True | 6/7/2022  
9781683648888 | \$18.99 | \$24.99 Can.  
Trade Paperback | 200 pages  
9 in H | 6 in W

You were born to be big. You *know* there is more to life. You *know* you could be a remarkable being. You've done a ton of work on yourself, but nothing seems to really change. What to do?

*You have to see the hidden patterns that have made you who you are.  
Then you can change the patterns and create an amazing life.*

*Decoding Your Emotional Blueprint* is a profound tool for personal transformation. In simple-to-understand terms, the book explains how every human being is affected and shaped by patterns handed down by their ancestors—a systemic mindset they never knew existed that affects the decisions they make about events in their lives—a mental/emotional template that runs things quite unconsciously.


The multi-generational patterns of decisions, thoughts, feelings, actions, inactions, reactions and choices contained in our systems form what the author, Judy Wilkins-Smith, calls Emotional DNA. Unless it is exposed, our Emotional DNA runs the show, not us. And yet our brains are so flexible and easily rewired that one new insight, thought, feeling, action or belief activated *outside* the habitual pattern of our Emotional DNA can change our lives forever. Seeing the patterns, experiencing them, can set us free. In the process, it can change our entire family system and how it has been functioning for generations.

Written for the beginner, as well as for those who want to take systemic work and constellations to the next level, the book reveals how every individual can change and heal their Emotional DNA and be transformed through this amazing approach forever. "It's pure magic to watch somebody see a pattern and instantly shift and rise up into who they really are," says Judy. "When you look at life through a systemic lens you see how every piece of your life is in service to your higher good. Past events, 'mistakes,' and what seem like poor choices are ignition points to greatness if we know how to explore them. They are treasure troves and gates of entry into the remarkable."



# CONNECT WITH ME

Media Contact:  
Steve Allen Media

 [info@steveallenmedia.com](mailto:info@steveallenmedia.com)

 [www.judywilkins-smith.com](http://www.judywilkins-smith.com)

Follow me on Social  
Media!

