

THE  
WATKINS<sup>TM</sup>  
METHOD

COACHING CERTIFICATION

with Brittany Watkins

---

# What is THE WATKINS<sup>TM</sup> METHOD ?



**B**ased on more than 15 years of research on self-sabotage, weight loss, and emotional eating, the Watkins Method is the fastest, most comprehensive blueprint for healing emotional eating and facilitating the permanent release of extra weight from the body.

No more feeling insecure about what to wear. No more fantasizing about food. No more lonely nights at home...

I use The Watkins Method in my online trainings, coach training, and wildly popular online programs, **Think-and-Thin 6-Week** and **Think-and-Thin Advanced**.

## Wanna know how we do it?

Over many years of helping hundreds of women (and some men!), I've developed my own "secret sauce" based on the most powerful modalities on earth today, including Emotional Freedom Techniques, (EFT/Tapping), neuro-linguistic

And I get emails from students every week who report they are:

- Happy for no reason
- Feeling confident and sexy, like they've stepped into their power
- No longer sabotaging themselves with food
- Blossoming in their business, or having the courage to change careers
- Thinner and didn't even realize it until everyone started complimenting them

And that's the short list. I have hundreds of stories from people whose lives have been changed as a result of The Watkins Method.

programming (NLP), neural reconditioning and energy healing to balance the chakra system.



**T**his is an advanced program designed for coaches, therapists, alternative health practitioners, or anyone with a strong background in personal development.

In it you will learn advanced EFT and NLP techniques SPECIFICALLY for emotional eating that WILL get to your core issues...**and how to use these techniques to help others do the same.**

Six months of tapping, passion, commitment, determination, breakout groups, coach training and private sessions.

**If you want to overcome your struggle with emotional eating and teach others how to do the same, this is your chance.**

I need warrior princesses to help me spread this message to all the women who silently struggle with weight and emotional eating.

And my best coaches are those who are still struggling with their weight.

I know that might sound strange, but I truly believe that we are given problems to learn how to overcome them, and inspire others to do the same.

Let me teach you how to eliminate your emotional eating with my advanced arsenal, and when you leave, you'll be armed with EVERY tool you need to help other women overcome this battle too.





# Snapshot of **Weekly Curriculum**

## Module 1 : Your Eating Pattern Makeover

### Go deep with your cravings

and eliminate impulsive urges for things like chocolate, potato chips, and ice cream. You'll learn how to:

- Eat a few bites of your favorite temptation and pass on the rest
- Stop feeling like you “have” to eat at a party or as a guest in someone’s home
- Eat dinner with your family and not gobble everything down
- Take your emotions out of the food

### Stop dieting and eat like a naturally thin person.

Believe it or not, it IS possible to eat the foods you love without gaining weight. You'll learn:

- Why diets suck, and almost always fail
- How to stop dieting and following rules
- Why “diet” food is actually keeping you fat
- How to savor your food, instead of inhaling it

### What happened last time?

Most people who have trouble losing weight had an experience when they were thin that still haunts them, whether they know it or not.

**Who were you last time you lost weight? Vapid? Self-absorbed? Promiscuous? Flashy?**

- Discover and clear the limiting beliefs you have about what it means to be thin
- Rewrite history so your subconscious mind knows that it's safe to be thin
- Master the 15-minute Trauma Relief Process



## Coaches get everything above, plus:

### Core Issues

- Tell the story technique/Tapping
- See/hear/feel: Using NLP to reach core issues
- Keep your energy clean: Self-care for practitioners

### PDF Coaching Materials

- Step-by-step first client call protocol
- Complete coaching practice blueprint
- Done for you: Craving Buster marketing pamphlet

# Module 2 : Rock-Solid Willpower

## Get rock-solid willpower and make it stick.

Did you know that your appetite is directly related to your childhood relationship with your family? If you are still harboring unresolved feelings towards your family members, chances are you're holding onto extra weight. Lessons include:

- Reprogramming the family matrix
- Tapping for the rebel
- Stopping sabotaging behaviors like bingeing and drinking too much



**Coaches get everything above, plus:**

## 3rd Chakra / Willpower Training

- How to heal your clients' family relationships
- How to move clients from emo-eating daily to not at all

## PDF Coaching Materials

- Step-by-step instructions for reprogramming sabotaging behavior
- Step-by-step instructions for healing sexual abuse

## You're sexy, you're safe. Go deep into the past and re-write history.

80% of people who have trouble losing weight are subconsciously afraid they will attract more sexual attention with their slim new frame.

Maybe something very bad happened to you a long time ago, or maybe you were uncomfortable with the way someone looked at you. This created the belief "It's not safe to be thin." No matter how hard you try, you'll never lose weight until you address this.

## Healing Sexual Abuse Training

- Amplify success with NLP techniques
- Get better results in less time with EFT
- Kicking the offender's ass without making contact

# Module 3 : Finally, You're No Longer an Emotional Eater

## Explore the subconscious judgments you have for thin people

and discover what they can reveal about your own internal blocks. Do you catch yourself saying things like (be honest)...

"She's too skinny." "She's a total airhead." "Thin people are weak." "She looks like a slut." "She just loves attention from men." These subconscious judgments give you no choice but to hold onto extra weight because in your mind, if you lose weight you'll be just like them. We'll reprogram these thought patterns so your mind knows that when you lose weight, you'll still be YOU.

### ★ Coaches get everything above, plus:

- Step-by-step training on Echo Tapping™
- The secret to understanding your clients' subconscious programs
- What clients' triggers tell you about their weight
- Tapping when you can't identify the problem
- 5 most important basics your clients MUST master to overcome emotional eating

## Push the Food Away™ 4-Day Bootcamp

Push the Food Away is a powerful technique that shows exponential results when practiced intensively. It allows you to zero in on the exact area of the brain where the impulse to eat is stored, rewriting the neural pathways that tell your body to stay fat.

## PDF Coaching Materials

- Step-by-step Echo Tapping protocol
- Echo Tapping video case study
- Done for you: Echo Tapping audio MP3

# Module 4 : Maintaining Your New Shape

## Stay slim effortlessly. Tame your inner-critic.

Did you know that you're still allowing your childhood authority figure to control you? Learn how to get your power back, reprogram your critical voice and replace negative thinking with positive, loving thinking.

## Special Ceremony: Breaking Up with Food

Food has a special place in the hearts of emotional eaters. It's been our friend when no one else was there, it's loved us the way no one else could, it's served us in times of crisis. It only makes sense that we honor it for all it's done for us.



## Coaches get everything above, plus:

- Step-by-step instructions for reprogramming the inner-critic
- Step-by-step instructions for reprogramming resistance to exercise
- Advanced tapping point charts to hone in on specific and stubborn emotions

## Exercise: 20 minutes is all it takes.

You don't have to spend hours on the treadmill to lose weight. And in fact, doing so is HURTING you, not helping. In this module you'll learn why, and how to incorporate quick, simple exercise that you actually enjoy doing into your daily routine.

## Vitamins and Minerals

### Learn how to:

- Fix slow metabolism with supplements
- Balance hormones and improve sex drive with Eastern medicine
- Rev up the thyroid with OTC supplements your doctor won't tell you about

# Module 5 : Business School



**In this module, coaches will learn how to make money from day 1. You'll learn the exact online strategies I used to build a multi 6-figure coaching business.**

You'll learn how to work anywhere in the world by leading groups via teleseminar.

And don't worry if you're not technically savvy. We've made it so simple even your mom could do it.

All coaching grads will be offered a special "Coaches Only" business opportunity with ME, including:

- **Step-by-step profit plan**
- **Official coaching certification**
- **Practitioner listing on [BrittanyWatkins.com](http://BrittanyWatkins.com)**

And a few coaches I'll invite to work with us internally at **[brittanywatkins.com](http://brittanywatkins.com)**

# The Fun And Dirty Details



**Coaching calls bi-weekly with yours truly** and brand NEW advanced material. Be prepared to go the distance, we will be tapping for emotional eating and self sabotage. A lot! (Over 60 hours of coaching for 28 weeks.)



**12 One-on-One Private Coaching sessions** with ME or one of our TOP weight loss coaches



**Audios and action sheets of each weekly call** - so you don't have to be on the live call to participate.



**Weekly buddy practitioner trades** - Connect with your classmates to chat, bitch, cheer or share ideas about each week's material. Take the material from the current week and go deeper to practice your coaching skills.



**Materials to begin a private coaching practice** as a Britt-Certified weight loss coach. (Optional.)



**Official listing on the [BrittanyWatkins.com](http://BrittanyWatkins.com)** website and Britt-Certified Weight Loss Coach Certification. (Optional.)



**Bonus tapping calls** - Additional LIVE tapping calls led by Britt- Certified Practitioners based on my material and tapping scripts. (Calls held at alternative times to accommodate every time zone.)



**Bonus: Balance your hormones:** Private evaluation with our internal hormone specialist who will suggest medical-grade supplements to get your hormones in balance.



**Supplementation will also help you:**

- Fix your slow metabolism
- Improve sex drive
- Rev up the thyroid
- Lose weight



**And most importantly: Sisters** - a community of like-minded women who wouldn't think you were weird if they saw you sitting in a corner, hitting your face and talking to yourself. **Value: Priceless! How can you put a price on that?**

# How Will I Learn?

 **Each week, members will receive an email with a top secret phone number and access code for that week's call.** Each call will last between 60 and 90 minutes, and can be listened to live or as a replay which will be available for download.

 Can't make the calls? No problem. **Submit your questions ahead of time and Brittany will read them on the call.**

 Certain weeks are accompanied by video tutorials and mp3 audio guidance with step-by-step instructions.

 Each week will include an action sheet with a lesson summary and list of actionable steps for the week.

 Studying is always more fun with friends! Set aside as much time as you and your buddy care to commit to chat about and work with the material.

 Listen to an exclusive library of Britt's neuro-reconditioning audios to help program the positive changes you make in class.

 **Interact with a global community of like-minded people and certified coaches,** submitting your comments, questions or achievements to our private Facebook community — **and receive support any time of day or night.**

 When you sign up, you'll automatically be queued up to receive other emails and resources from ME to **help deepen your transformation and broaden your knowledge.**

 **Receive full access to the member website,** where you can revisit past modules and download content and bonuses.

---

If anything on this page has excited you or stirred you in any way, those are the EFT angels, giving you a little nudge....

Telling you that this is yours, you're the one I'm speaking to...

YOU are meant to do this...I hope you listen.

 **Apply Now!**

Lots of love and hugs,

*xo Brittany*