



# MSG Erinn Watkins

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*"Throughout my military career I dealt with a lot of hostility and conflict. I dealt with a lot of toxic people and despite this, I was still very successful. My last few years in the military were so very traumatic and stressful. It was the most mentally challenging thing I had ever experienced. But using my previous experiences (training), I managed to come out on top. I want to show people how I did this."*

## Speaking Topics

### PathfYnder: How to get from your comfort zone to the magic

Her easy to follow principles will describe:

- The secrets to helping your body take care of you.
- How to use microagreements to move forward.
- How to use mindfulness to effectively communicate and manage situations.

### How to Manage Conflict and Get What You Want

Erinn's tried and true principles will demonstrate how to navigate hostile conflicts in the workplace. These principles can also work with relationships and various types of confrontations.

## Bio

One of the first women in the military to earn the Army Pathfinder Badge, Erinn Watkins is an accomplished Army Veteran with a military resume that spans almost 29 years.

In her new book, "PathfYnder: How I Use Emotional Control to Build Success and Get What I Want", Erinn illustrates key life principles she has learned about taking the best steps that lead down the right path. In doing so, she takes readers on a welcome journey that they will find to be as illuminating as it is empowering.

In 2018, Erinn was the Adjutant of Post 202 in Fayetteville, NC and later, was on the November 2018 cover of the American Legion magazine. She started a Peer Support Group in Pinehurst, NC. Currently she's a Veteran Mentor for the Williamson County Veterans Treatment Court. She's a dance instructor in her spare time.