

# Mildred D Muhammad

**Award-Winning Global Keynote Speaker, Domestic Abuse Survivor, Advocate, #1 Amazon Bestselling Author**

Please contact a GDA agent for information.

## Topics

- Abuse / Domestic Violence
- Children and Youth Health
- Faith / Spirituality
- Journalism / Literary / Author
- Overcoming Adversity
- Women's Health & Issues



## About Mildred D Muhammad

Mildred D. Muhammad is an Award-Winning Global Keynote Speaker, International Expert Speaker for the US Dept of State, Certified Consultant with the US Dept of Justice/Office for Victims of Crime, CNN Contributor, Domestic Abuse Survivor, Certified Domestic Violence Advocate, Advisory Board Member & Instructor for The National Resource Center on Domestic Violence, Sexual Assault Advocacy Network's Advisor, Best Selling Author, Former Internet TV Talk Show Host, Trainer & Educator as well as a Certified Professional/Personal Development Consultant. She travels and speaks on a global platform to discuss her life of terror, abuse, and heartache, all while promoting Domestic Abuse/Violence Awareness and Prevention.

As the ex-wife of the D.C. Sniper, John A. Muhammad, Mildred shares the very personal details of her experiences involving fear, abuse and many times, victim-blaming. This experience has allowed Mildred's mission to be even more influential and of a greater purpose. Simply stated, she was a victim who became a survivor and is now a warrior on the issues of domestic abuse/violence. She shares her expertise on what it's like to be a victim and a survivor of domestic violence "without physical scars" to various conferences, seminars, workshop audiences which include victims and survivors of domestic violence, advocates, law enforcement professionals, therapists, counselors, mental and medical health providers, university and college students as well as conduct military personnel training regarding domestic violence. Her authenticity is as remarkable as her unforgettable story of abuse. She explains the perils of PTSD (*post traumatic stress disorder*) soldiers suffer when returning from a war zone as well as victims who are diagnosed with PTSD. She is recognized and received awards, throughout military communities, for championship of the Family Advocacy Program and their mission to educate, promote and end Domestic Violence in Military Communities.

After counseling herself and her children to survive victim-blaming through the midst of adversity, she transformed her tragic circumstances into an opportunity to establish ground on all forms of Domestic Violence that are often overlooked such as verbal, mental, economic, spiritual, stalking and emotional abuse. She not only speaks of the details and the realities of Domestic Abuse/Violence, Mildred makes it her mission to be a vessel of support and healing to all those affected.

Her first critically acclaimed memoir, *Scared Silent: When the One You Love Becomes the One You Fear*, was published by Simon & Schuster in 2009. Muhammad has self-published two working journals, "A Survivor's Journal" & "Dare to Heal", as well as "Planning My Escape" (a comprehensive step by-step safety plan) specifically for victims and survivors to help with the emotions that others may not understand and strategically leaving an abusive relationship. Her second and last memoir, "I'm Still Standing: Crawling Out of the Darkness into the Light" has been released. Her new eBook addressing domestic abuse/violence during COVID-19 is titled, "Being Abused While Teleworking During Coronavirus Disease 2019 (COVID-19) Pandemic: A Safety Guide for Victims of Domestic Abuse/Violence & Awareness for Bystanders" is available on Amazon. She has co-authored three books: *The Mom in Me*, *Media Circus* and *Ari'el Rising*. And her podcast, 'Rising Above It All' on Anchor.

She has received many awards such a Special Commendation presented by the Office on Violence Against Women, a Proclamation presented by Prince George's County Council for her exemplary role in the fight against domestic abuse/violence, Maya Angelou "Still I Rise" Award, Shirley Chisholm Woman of Courage Award and REDBOOK's *Strength & Spirit HEROES Award*, as well as multiple awards from the military community...just to name a few.

Mildred Muhammad has appeared in the following TV shows: *Lifetime Movie Network Series*, "Monster in My Family"; *CNN documentary*, "The Minds of the Sniper"; *TruTV documentary* "The DC Sniper's Wife" produced by award-winning producer, Barbara Kopple; *Discovery Channel*, "Who The Bleep Did I Marry"; *Investigation Channel Series*, "Escaped ~ The Sniper's Wife: Episode 2"; *MSNBC documentary*, "I Married The Beltway Sniper" and the syndicated TV show, *Crime Watch Daily*.

Mildred Muhammad has been interviewed on *Dr. Oz*, *Oprah: Where Are They Now*, *Anderson*, *Ricki Lake*, *Katie Couric*, *Issues with Jane Velez Mitchell*,

*The Mike Huckabee Show, TruTV's In Session, Larry King Live, The Tyra Banks Show, and Good Morning America*, and has appeared on BET and other local and national TV interviews. She has also been interviewed by various national and international radio shows, internet radio, various national and international newspapers, and internet blogs and magazines worldwide, including the *BBC, NPR, Essence, Jet, The Washington Post, and Newsweek*. She has also been recognized as "One of the Nation's most powerful advocates for victims and survivors of domestic violence". *WROC-TV, Rochester, NY*.

## Select Keynotes

- **Rebuilding Children After Abuse**

The mental and physical well-being of children, who experience abuse, is fragile. Rebuilding trust and confidence in the family setting is important in the healing process. Teaching children to trust in their parents, once it's broken, is a journey that has to be taken. This presentation will give the necessary steps to create a 'new' normal for the family.

- **Scared Silent...when the one you love, becomes the one you fear**

As the ex-wife of the D.C. sniper, John A. Muhammad, who went on a three-week rampage, with the end result, as stated by law enforcement, was to find Mildred and kill her too, the very personal details of her experiences involving fear, abuse and many of times, victim-blaming, has allowed Mildred to share her story of healing and triumph.

- **Soldiers Returning from a War Zone: Spouses' Perspective**

Recognizing and understanding the changes in a relationship when the soldier returns home from a war zone.

## Select Book Titles

- **2022:** In The Midst Of Chaos: Home is the most dangerous place to be.
- **2020:** EBOOK: Being Abused While Teleworking During Coronavirus Disease 2019 (COVID-19) Pandemic: A Safety Guide for Victims of Domestic Abuse/Violence & Awareness for Bystanders Kindle Edition
- **2017:** I'm Still Standing...Crawling Out of the Darkness Into The Light
- **2016:** A Survivor's Journal: A Journey From Victim to Survivor
- **2014:** Planning My Escape
- **2014:** Dare to Heal
- **2010:** Scared Silent: When the one you love, becomes the one you fear

## Select Articles

- [20-Years After the DC-Sniper: New Book Reveals Multiple Untold Stories of Domestic Abuse](#)

The ex-wife of the DC Sniper, Mildred D. Muhammad unites 12 survivors of domestic abuse to tell their own empowering stories to help others escape their trauma.

- [20 years after D.C. sniper attacks, we keep ignoring what it was all about](#)

But before his ex-wife finally got custody of their three children — after years of abuse, after local police in Washington state didn't enforce the restraining order a judge granted, after the folks who knew the couple didn't believe her when she tried to tell them about the abuse, after he kidnapped the kids to Antigua for 18 months — John Muhammad laid it all out for her, told her exactly what his revenge was going to look like.

- [Mildred D. Muhammad Presented with the Albert Nelson Marquis Lifetime Achievement Award by Marquis Who's Who](#)

Ms. Muhammad has been endorsed by Marquis Who's Who as a leader in the fields of domestic abuse & violence advocacy, professional public speaker on abuse, coaching and consultant.

- ['I will kill you': The connection between mass shooters and domestic violence](#)

"No one wants to listen when it's time to listen." That's what Mildred Muhammad says quietly to herself every time another mass shooting makes news.

- [D'Amato: Violence doesn't always leave bruises](#)

Mildred Muhammad, whose ex-husband became the "Beltway Sniper" who randomly killed 17 people in the U.S., was guest speaker at a fundraising event hosted by Women's ... Mildred was in Kitchener on Thursday to speak at a fundraising event hosted by Women's Crisis Services of Waterloo Region.

- [Mildred Muhammad To Address Domestic Abuse At Free UTHSC ...](#)

For domestic abuse survivor Mildred Muhammad, ex-wife of "D.C. Sniper" John A. Muhammad, writing out her thoughts in a journal and primal scream therapy helped her to deal with the pain she had experienced. "I had no one to talk to, so I needed to find an outlet in order to get that

pain out," she said.

- [Mildred Muhammad: 'I'm Still Standing'](#)

John, Salena and Taalibah Muhammad saw their father, John Allen Muhammad, arrested on Oct. 24, 2002, for a string of sniper shootings that killed 17 people in Washington, D.C., Alabama, Arizona, Florida, Georgia, Louisiana and Texas. In her latest book, *I'm Still Standing*, released in March, Mildred ...

## Select Testimonials

"Ms Muhammad's professionalism and desire to be an effective speaker was evident before, during and after the event - she unselfishly agreed to make herself available to numerous media requests and was willing to adapt her schedule to fit the needs of our community. Not only did Ms Muhammad provide a heartfelt and impactful keynote presentation, she made it her personal mission to connect with as many people as possible in a one-on-one setting both before and after her keynote presentation.

— *Curtis Lockinger, Alberta Canada*

"Please accept my sincere thanks and appreciation in the Joint Base Myer-Henderson Hall Domestic Violence Awareness Month Community Partner Breakfast. Everyone was captivated by your story. As you spoke one could feel your fears, understand your disappointments, empathize with your children, and marvel at your strength to move beyond the abuse to help others. Your courage in sharing the very personal details of your experiences significantly increased our awareness and understanding of the complexities involved in domestic violence. Hearing this message from the voice of a Survivor was essential to the learning process. Your message touched us in a special way and will continue to touch others as we talk about the issues you raised for individuals and our community. You have truly turned your tragic circumstances into an opportunity to help other victims of emotional and verbal abuse, a topic often overlooked."

— *Fern O. Sumpter Colonel, U.S. Army Commanding Ft Myer, VA*

"I want to personally thank you for visiting Ft Carson and supporting our Domestic Violence Month Kick-off event. I thoroughly enjoyed our conversation and listening to your life lessons as a domestic violence survivor. I know everyone was truly touched by your speech, presence and accomplishments, It was great to meet you - you're welcomed here any time.

— *Joseph Anderson Major General, U. S. Army Commanding Ft Carson, CO*

"Ms. Muhammad's presentation was not only remarkable, but most unforgettable. The room was spell-bound as Ms. Muhammad detailed her harrowing personal experience with domestic violence. The room acknowledged her humor and funny anecdotes with laughter but still mourned her nightmare as her story pierced through every heart and every soul present, causing sharp intakes of breath and at times.... deep sighs and silent sobs. We absolutely enjoyed having Ms. Muhammad share in the evening with us and would not hesitate to have her return to speak again in the very near future. We strongly recommend her to speak at other organizations that represent this field."

— *K.E. Victoria Grey-Allen Executive Director, Sarah's Refuge*

"Ms Muhammad's presentation was spectacular - it was engaging, honest, and very enlightening as she shared her personal experiences. She presented some of her life scenarios with humor and displayed compassion at the same time. Ms Muhammad also provided multiple responses to questions from our audience during the conference. Her answers were heartfelt and considerate to the participants sharing their personal experiences. Her presentation was two hours long however our participants did not grow tired of listening to her resilient experiences that involved her family. This program was designed for mental health professionals, psychologists, social workers, counselors, law enforcement and military affiliates. We truly enjoyed having her presentation and would be pleased to have her return to speak again in the near future."

— *La-Lisa Hewett-Robinson, Director, Mental Health of Southern Regional Area Health Education Center*

"One of the Nation's most powerful advocates for victims and survivors of domestic violence".

— *WROC-TV, Rochester, NY.*

## Select Client Feedback

Mildred Muhammad was the keynote speaker at our annual domestic violence fundraiser on April 10, 2019. She did an excellent job and feedback from our attendees has been overwhelmingly positive. Her presentation drew the audience in. At times people were on the edge of their seats. As horrific as her story is, she told it in a way that people could relate to her and to make it easier for people to process, she infused humor. We were also very pleased that she was willing and able to speak one on one with our guests after the event. She received everyone graciously.

– **Allison D. O'Malley** *Resolve*