

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
- Emotional Intelligence
- Mental Health / Psychology
- Overcoming Adversity
- Women's Empowerment
- Work-life Balance

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 & Public Speaking Instructor for The National Resource Center on Domestic Violence, Bachelor of Science in Psychology, Best-Selling Author, Trainer & Educator, Certified Professional/Personal Development Consultant, a Member of ForbesBLK and received *DomesticShelters.Org 2023 Purple Ribbon Lifetime Achievement Medallion Award* as well as the *2022 Who's Who in America: Albert Nelson Marquis Lifetime Achievement Award*.

She engages in international travels and addresses audiences worldwide, sharing her experiences as the former spouse of the DC Sniper. Through her compelling story, she sheds light on the horrors of her past, including terror, abuse, and heartbreak. Simultaneously, she advocates for Domestic Abuse/Violence Awareness and Prevention, raising awareness on a global scale. She is recognized as *"One of the Nation's most powerful advocates for victims and survivors of domestic violence"*. WROC-TV, Rochester, NY.

Mildred is sought by organizations and agencies, worldwide, to share the very intimate details of her experiences with fear, abuse, and frequent victim-blaming. Her experience has strengthened and expanded the scope of her mission. Simply put, she was a victim who became a survivor and is now a crusader against domestic violence and abuse. She speaks to a wide range of audiences, including victims and survivors of domestic violence, advocates, law enforcement professionals, therapists, counselors, mental and medical health providers, university and college students, and military personnel, about what it's like to be a victim and survivor of domestic violence **"without physical scars"** at various conferences, seminars, and workshops.

Her sincerity is as impressive as her unforgettable story of abuse. She discusses the dangers of PTSD (*post-traumatic stress disorder*) that soldiers face after returning from a war zone, as well as victims who have been diagnosed with PTSD. She is acknowledged and honored for putting her expertise and experience to good use by supporting the Family Advocacy Program and its goal of educating, promoting, and putting a stop to domestic abuse in military communities.

After counseling herself and her children on how to survive victim-blaming in the face of adversity, she turned her tragic circumstances into an opportunity to establish ground on all forms of Domestic Abuse that are often overlooked, such as verbal, mental, economic, spiritual, stalking, and emotional abuse. Mildred makes it her mission to not only speak about the specifics and realities of domestic abuse/violence, but also to be a vessel of support and healing for 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*.

Mildred, who has spent over two decades as a certified domestic violence advocate and a renowned global speaker, has actively testified before House committees to enhance legislation. Throughout this time, she has consistently been a source of support and healing, serving as an expert in the field. Her commitment to expanding her global influence remains unwavering as she works tirelessly towards the eradication of domestic abuse and violence.

Select Keynotes

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

Mildred Muhammad's keynote, "Scared Silent...When the One You Love Becomes the One You Fear," is a deeply moving and candid exploration of the harrowing reality of domestic violence. Drawing from her own personal journey as the ex-wife of the D.C. sniper and as a survivor of domestic abuse, Mildred delves into the often-hidden complexities of abusive relationships.

With raw honesty and courage, she navigates through the layers of fear, manipulation, and control that victims experience, shedding light on the psychological and emotional toll that accompanies such trauma.

Through her compelling storytelling and profound insights, Mildred not only unveils the pervasive nature of domestic violence but also dismantles misconceptions surrounding it. She imparts invaluable knowledge on breaking the cycle of abuse, and seeking avenues for support and healing.

Her keynote serves as a beacon of hope, fostering empathy, awareness, and empowerment in addressing this critical issue. Mildred's unwavering advocacy and resilience inspire audiences to take action, standing as a testament to strength and survival in the face of adversity.

- **Breaking the Chains: Overcoming Professional and Personal Barriers to Success**

Mildred Muhammad, in an empowering keynote that delves into the complexities of navigating professional and personal challenges on the road to success. Drawing from her own inspirational journey, Mildred sheds light on overcoming adversities, breaking free from societal constraints, and unlocking one's true potential.

With a compelling blend of personal anecdotes and practical strategies, this keynote addresses the multifaceted barriers that can hinder both professional growth and personal fulfillment. Mildred Muhammad, an advocate for resilience and empowerment, offers invaluable insights into conquering self-doubt, managing conflicts, and navigating the complexities of balancing career ambitions with personal well-being.

Attendees will discover actionable methods for dismantling barriers, fostering resilience, and leveraging personal strengths to achieve success in both their professional endeavors and personal lives. From overcoming setbacks to fostering a mindset of growth and empowerment, Mildred's keynote inspires and equips individuals with the tools to triumph over challenges, seize opportunities, and forge their paths toward success.

This keynote is a transformative experience, designed to motivate, empower, and equip individuals with the mindset and strategies needed to break free from limitations and soar to new heights in their personal and professional pursuits.

- **Understanding and Accepting Your Net Worth**

In her compelling keynote, "Understanding and Accepting Your Net Worth," Mildred Muhammad delivers an empowering and transformative message that transcends traditional perceptions of net worth. Drawing from her own journey of self-discovery and empowerment, Mildred invites audiences on a profound exploration of self-value and worth.

Mildred Muhammad, renowned advocate, author, and speaker, delves into the multifaceted layers that compose an individual's net worth beyond mere financial assets. With remarkable insight and warmth, she navigates the complexities of self-identity, personal narrative, and the often-overlooked aspects that contribute to one's intrinsic value.

Attendees are guided through a thought-provoking and introspective journey, challenging societal norms and cultural constructs that confine net worth to monetary measurements. Mildred skillfully illuminates the significance of embracing one's unique qualities, experiences, and contributions, fostering a deeper understanding of the richness each person brings to the world.

By intertwining personal anecdotes, practical wisdom, and actionable strategies, Mildred Muhammad inspires a mindset shift towards self-acceptance and empowerment. She equips her audience with the tools necessary to embrace their authenticity, redefine success on their terms, and cultivate a holistic sense of worth that extends far beyond financial calculations.

"Understanding and Accepting Your Net Worth" is a transformative keynote that leaves a lasting impact, empowering individuals to recognize, appreciate, and embody their inherent value. Prepare to embark on a journey of self-discovery, self-acceptance, and self-worth, as Mildred Muhammad invites you to unlock the true essence of your net worth.

Select Book Titles

- **2022:** In The Midst Of Chaos: Home is the most dangerous place to be.
- **2020:** Being Abused While Teleworking During Coronavirus Disease 2019 (COVID-19) Pandemic: A Safety Guide for Victims of Domestic Abuse/Violence & Awareness for Bystanders
- **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
- **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*