

Ex-Wife of D.C. Sniper Mildred Muhammad Delivers Powerful Closing Keynote at 2025 Victims' Rights Conference

Award-winning global keynote speaker and domestic abuse survivor, Mildred Muhammad, captivates and inspires over 450 attendees with her transformative journey.

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Baltimore, MD – April 9, 2025 – Mildred Muhammad, founder of Mildred Muhammad Enterprises LLC, award-winning global keynote speaker, bestselling author, and nationally recognized domestic violence expert, served as the closing keynote speaker at the 2025 Maryland Crime Victims' Rights Conference, held on April 9 in Baltimore, Maryland. The conference took place during National Crime Victims' Rights Week and was attended

by more than 450 victim service providers, law enforcement professionals, community leaders, and advocates.



Mildred Muhammad's keynote speech brought the conference to a powerful close, as she shared her personal journey of surviving domestic abuse and transforming her experiences into a platform of advocacy, education, and support for other survivors. Known globally for her courage and honesty, Ms. Muhammad drew from her lived experiences to help attendees understand the complexities of intimate partner violence—particularly the often-invisible emotional and psychological abuse that many victims endure.

Her address was centered on the importance of recognizing that domestic abuse and violence victims do not fit a singular profile. She emphasized that abuse does not always leave visible scars and that true support for victims and survivors begins with understanding and listening

without judgment. Her ability to speak candidly and authentically resonated with the audience, leaving a lasting impression that reinforced the purpose and power of the conference.

Mildred Muhammad's keynote was built upon her lived experience as the former wife of the D.C. sniper, a tragedy that became a matter of national attention. In the aftermath of the highly publicized crimes, Ms. Muhammad found herself battling not only the trauma of surviving abuse, but also public scrutiny and blame. Instead of retreating, she used the adversity as motivation to advocate for others, ensuring that survivors of domestic violence would never feel isolated, misunderstood, or dismissed.

Her journey includes escaping an abusive marriage, seeking safety in a shelter, becoming a certified domestic violence advocate, and completing paralegal training to navigate the legal system effectively. She filed for and received a lifetime restraining order, moved to Maryland, and eventually gained full custody of her children in August 2001—months before her ex-husband began a series of deadly sniper attacks that gripped the nation. Law enforcement later confirmed that Mildred was the intended target of those attacks, shedding light on the calculated and terrifying nature of the violence.

Rebecca Allyn, Manager of Victim Services Initiatives at the Governor's Office of Crime Prevention and Policy, who also served as the lead organizer of the conference, submitted a formal letter of recommendation in support of Ms. Muhammad's participation, writing:

"As a survivor and certified domestic violence advocate, Ms. Muhammad has transformed her personal tragedy into a powerful platform for awareness, education, and healing. Her story is not only compelling—it is life-changing. Ms. Muhammad speaks candidly about her experiences to help others recognize the often-overlooked warning signs of intimate partner violence. She reminds us that victims do not fit a single profile and that abuse does not always leave visible scars. Her message resonates deeply with diverse audiences, offering both hope and practical insight. Ms. Muhammad is an asset to any conference, training, or awareness event focused on domestic violence survivors and those who support them. Her presence not only elevates the conversation but also inspires meaningful change in how we serve victims of domestic violence."

Conference attendees echoed this sentiment through their feedback surveys. When asked about the most valuable part of the conference, one attendee shared, "The keynote speaker, Ms. Muhammad, was incredible! So glad that I stayed until the end." Another remarked that a key takeaway was "Ms. Muhammad's advice on addressing victims," highlighting the practical and compassionate strategies she provided.

As the founder of Mildred Muhammad Enterprises LLC, she now provides trauma-informed training and consultation across a broad range of sectors including the military, government agencies, and corporate America. Her work addresses complex topics such as:

*Domestic Violence in Government Agencies, Military Communities, and Corporate America

*Self-Care for Victim Service Providers

- *Professional and Personal Barriers to Success
- *Destructive Behaviors and Their Impact (Mental Health, Suicide, Sexual Assault, Substance Abuse)
- *Teleworking and Abuse During the COVID-19 Pandemic
- *Communicating Effectively and Handling Difficult People
- *Workplace Violence and Organizational Response
- *Resiliency in the Face of Trauma

Ms. Muhammad's leadership and tireless dedication have earned her several national awards. In 2022, she was honored with the Albert Nelson Marquis Lifetime Achievement Award from Who's Who in America. In 2023, she received the Purple Ribbon Lifetime Achievement Medallion Award from DomesticShelters.org, which recognized her lifelong commitment to advocating for survivors of domestic violence.

Further demonstrating her expertise and credibility in the field, she was appointed in 2024 by Governor Wes Moore to serve on the Maryland State Board of Victim Services, where she contributes her lived experience and professional insight to shape policies and improve outcomes for victims statewide.

In addition to public speaking, Ms. Muhammad hosts the solo podcast Rising Above It All with Mildred Muhammad, in which she shares detailed reflections from her personal journey, offering encouragement and education to help victims and survivors find strength, healing, and hope. Each episode focuses on different elements of her experience and serves as a lifeline for those navigating life after trauma.

From keynote stages and boardrooms to classrooms and podcasts, Mildred Muhammad continues to be a vital voice in the national dialogue on domestic abuse and violence and victim advocacy. Her participation in the 2025 Maryland Crime Victims' Rights Conference affirms her status as one of the most respected and impactful figures working at the intersection of trauma, survival, and systemic change.

For more information about Mildred Muhammad and to book her for your next event, visit www.MildredMuhammad.com.

Mildred D Muhammad
Mildred D Muhammad Enterprises LLC
info@MildredMuhammad.com

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