

Avoiding Burnout & Developing Resiliency

Featured Speaker: Alice Muhammad

JUNE 25 AT 5:30 PM

DOORS OPEN: 5:00 PM
FOOD PROVIDED!

Main Branch, Allen County Public Library / 900 Library Plaza
Room: Meeting Room C



Neighborhoods



Join us for “Lead through Challenges: Building Resilience for Success,” part of the Neighborhood Power Lab Workshop series! Whether you’re a neighborhood association leader or an engaged resident, challenges are inevitable—but how we respond to them can shape the future of our neighborhoods.

This session will foster a space of collaboration, shared insight, and community-building. Attendees will leave with practical tools for self-leadership, emotional regulation, and goal-setting—plus a renewed sense of purpose. Whether facing internal or external barriers, participants will walk away equipped to take meaningful action toward personal and collective transformation.

Speaker Bio:

We’re excited to have Alice Muhammad join us to lead this workshop!

Alice Muhammad, MHA, CCM, originally from Illinois, is the founder and CEO of Peace of You Healing LLC, where she has cultivated business and community partnerships for over a decade. With extensive experience in coaching, consulting, and relationship-building across organizations, Alice brings a deep understanding of leveraging opportunities to support individuals and communities.

Her passion lies in connecting people with the resources and support they need to thrive. She holds a Master’s degree in Healthcare Administration and is currently pursuing a Doctorate in Adult and Continuing Education, with a focus on advancing community education and empowerment. Alice’s work is rooted in purpose, healing, and transformative learning.

Alice is excited about this workshop— and looks forward to empowering participants to reflect, refocus, and renew their commitment to self and community.

Workshop Description:

In this 90-minute session, participants will explore how self-guided reflection, intention, and behavior modification can become daily tools for resilience.

The session incorporates guided activities, group discussions, and reflective writing exercises that help participants align their actions with their values. Through this process, attendees will gain clarity around what truly matters in their lives—whether in relationships, career, home, community, or personal growth—and will develop SMART goals rooted in their own self-discovery.

The workshop is designed to be thought-provoking and motivational, inviting participants to shift from simply enduring challenges to intentionally growing through them.

**Dinner will be provided*

Register at: engage.cityoffortwayne.org/nhd-power-lab