



**NEVER
STOP
DREAMING.**

Be Powered by Dreams

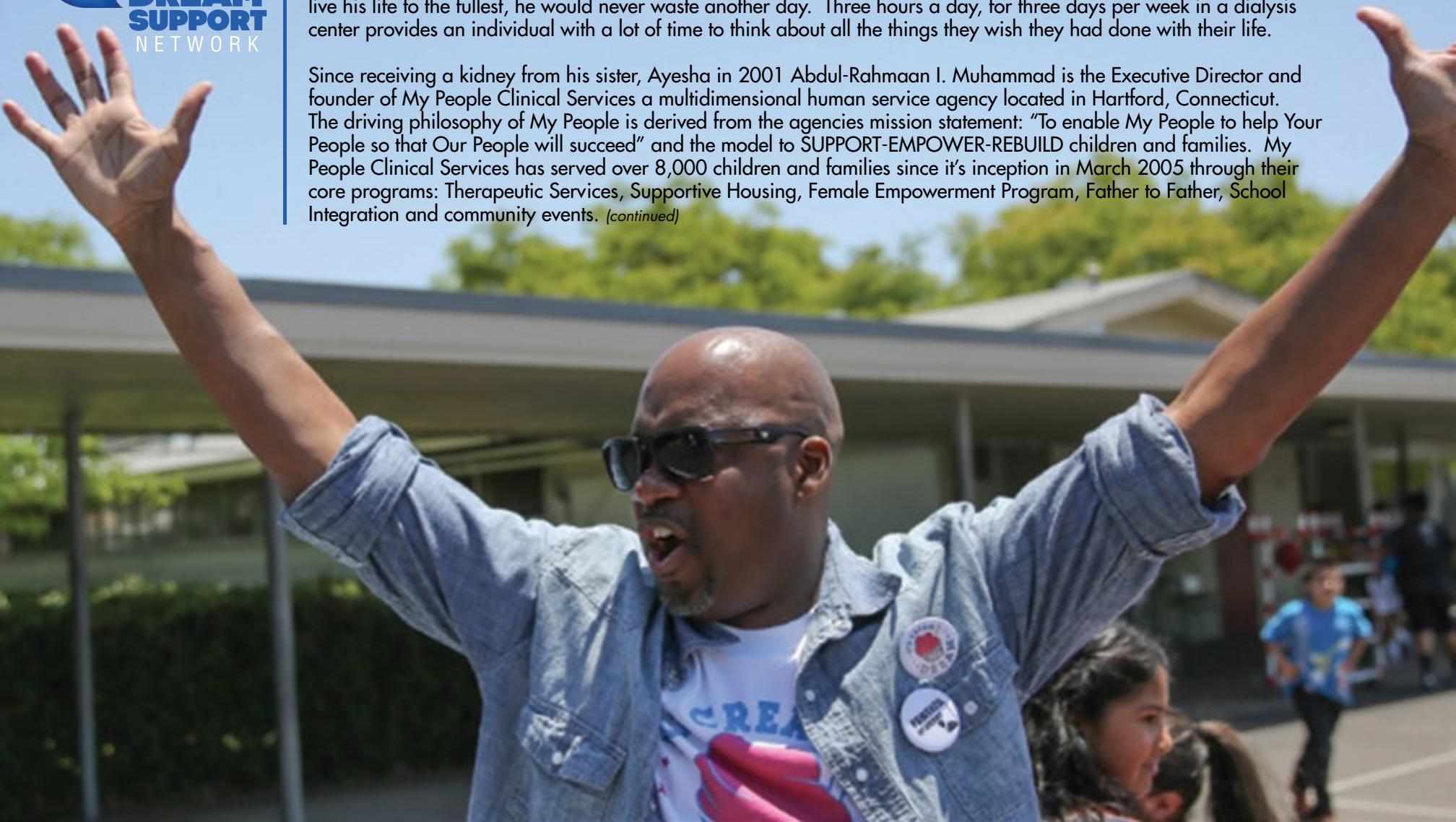
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Abdul-Rahmaan I. Muhammad

After spending two years on dialysis due to kidney failure, Abdul-Rahmaan vowed that if ever given the opportunity to live his life to the fullest, he would never waste another day. Three hours a day, for three days per week in a dialysis center provides an individual with a lot of time to think about all the things they wish they had done with their life.

Since receiving a kidney from his sister, Ayesha in 2001 Abdul-Rahmaan I. Muhammad is the Executive Director and founder of My People Clinical Services a multidimensional human service agency located in Hartford, Connecticut. The driving philosophy of My People is derived from the agencies mission statement: "To enable My People to help Your People so that Our People will succeed" and the model to SUPPORT-EMPOWER-REBUILD children and families. My People Clinical Services has served over 8,000 children and families since it's inception in March 2005 through their core programs: Therapeutic Services, Supportive Housing, Female Empowerment Program, Father to Father, School Integration and community events. *(continued)*

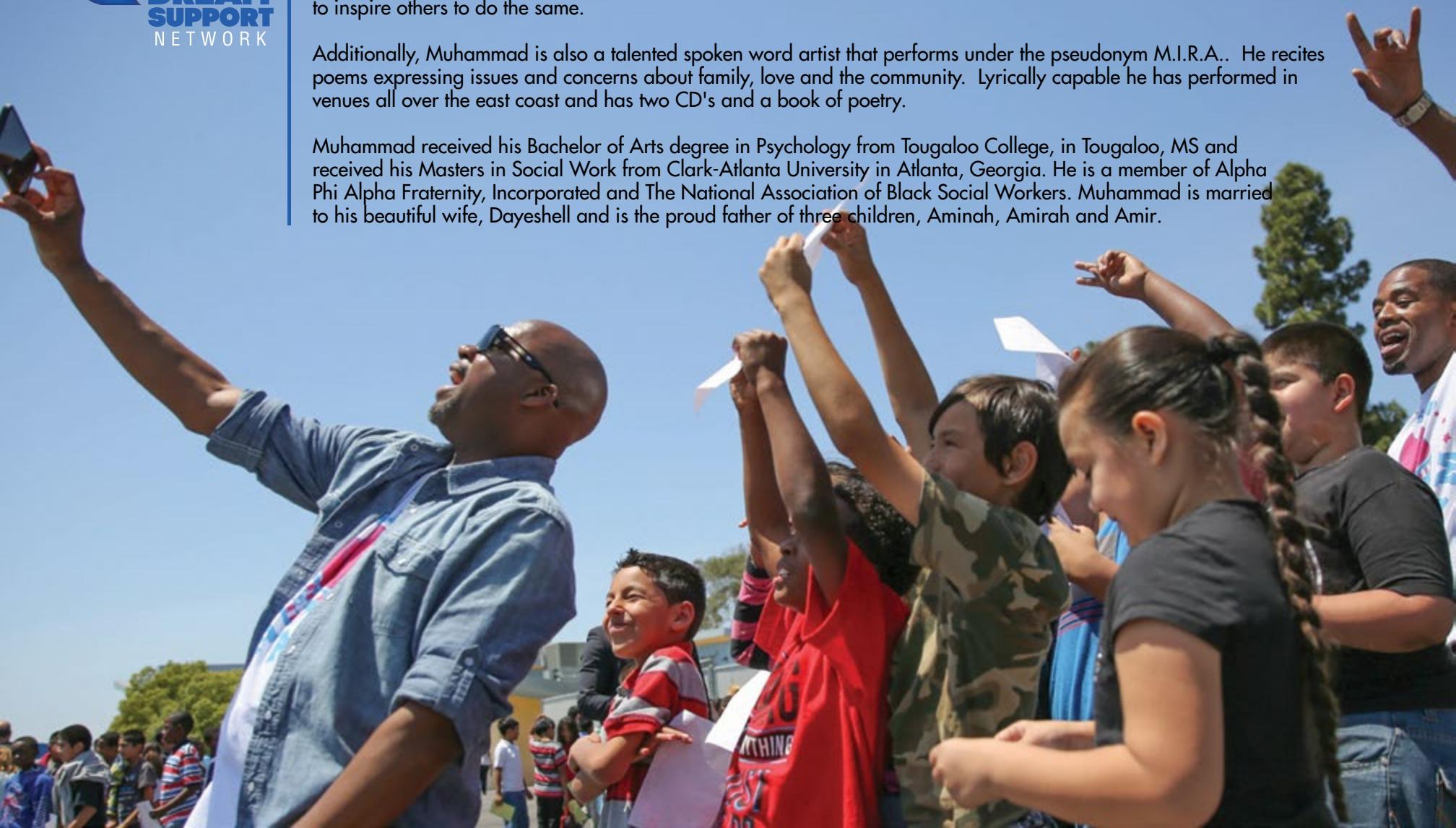




In 2011, Muhammad started an organization called The Dream Support Network to encourage, inspire and support individuals to live the life of their dreams. As a part of The Dream Support Network, Muhammad conducts The Dream Chasers Workshop, Ice Cream for a Dream, gives motivational speeches and continues to chase his dreams in the effort to inspire others to do the same.

Additionally, Muhammad is also a talented spoken word artist that performs under the pseudonym M.I.R.A.. He recites poems expressing issues and concerns about family, love and the community. Lyrically capable he has performed in venues all over the east coast and has two CD's and a book of poetry.

Muhammad received his Bachelor of Arts degree in Psychology from Tougaloo College, in Tougaloo, MS and received his Masters in Social Work from Clark-Atlanta University in Atlanta, Georgia. He is a member of Alpha Phi Alpha Fraternity, Incorporated and The National Association of Black Social Workers. Muhammad is married to his beautiful wife, Dayeshell and is the proud father of three children, Aminah, Amirah and Amir.





WORKSHOPS

The Dream Chasers Workshop is a power packed half-day in which participants are taught the skills to become a Dream Chaser. The workshop is interactive, fun and informative. Participants walk away with tools that will aid them on their personal dream journey and improve their life. Throughout The Dream Chasers Workshop the facilitator uses Dream Energizer (words of motivation, encouragement and inspiration) videos, feedback, group participation and role-play to add to the discussion. The sessions are:

1. **Introduction to Dream Chasing**

In Session One we go over the key terms and thought process of Dream Chasers to help develop a foundation for the entire workshop.

2. **Developing your Dream List**

In session Two, a few more concepts are addressed and participants begin to develop their personal dream list.

3. **Making your Dreams Reality**

In Session Three, dreams are share, the process to how to make dream come true are discussed, as well as the fears and barriers that can either prevent or motivate an individual to chase their dreams.



A man in a white shirt, blue tie, and dark vest is leaning over a desk, looking at a collage project. A young woman with red hair in a bun, wearing a white shirt and black top, is smiling and looking at the project. They are in a classroom setting with other students and desks visible in the background. The image has a blue gradient overlay on the right side.

DREAM BOARD

The Dream Board Activity is an opportunity for individuals to create their future dream world through pictures and words cut out from magazines. This tool serves as a daily reminder to help Dream Chasers envision their dreams and focus on their goals. Through the collage style art project, participants tell a story of their desires, hopes and dreams for the future with pictures, words and phrases that inspire them. This two-hour activity is paired greatly with The Dream Chasers Workshop or Ice Cream for a Dream (or both) for a half-day or full day of being powered by dreams.



THE
**DREAM
SUPPORT
NETWORK**

I WILL MOTIVATE YOU

In addition to The Dream Chasers Workshop and The Dream Board Activity, The Dream Support Network offers Motivational Speeches on one of the following topics:

1. **"No Struggle, No Story"**

Dream Chaser #1 shares his personal story and how having and overcoming struggle provides a better story than having everything come easy to you. He attempts to have individuals realize that struggle is a good part of life that provides strength, knowledge, opportunities to learn and a great story to share with others.

2. **Dream Chaser #1 Adventures**

Dream Chaser #1 shows video clips of a variety of adventures he has gone on pursuing his personal dream chase. Everything from bungee jumping, skydiving, fighting a sumo wrestler, flying a plane, riding a jet ski, going to the Great Wall of China and Chichen Itza (two of the 7 Wonders of the world), and bull riding.

These clips are funny and entertaining but they also provide individuals with a new thought process on the dreams they desire and help them to see their dreams as more than just ways to make money or things to buy. The purpose of this speech is to teach individuals that they should LIVE the life of their dreams.



ICE CREAM FOR A DREAM MAKES SHARING YOUR DREAM SWEET

Ice Cream for a Dream is the signature event of The Dream Support Network in which we are able to connect with individuals from all walks of life and hear their dreams.

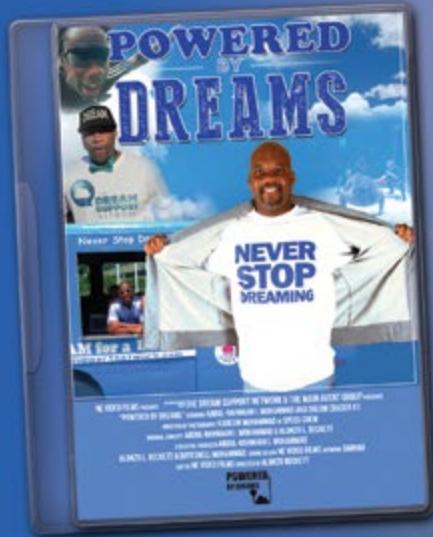
Ice Cream for a Dream is a powerful community initiative in which we give anyone who is willing to share his or her dream ice cream. This sweet motivational tool was created to spark individuals and communities to dream more, dream bigger and actually go out and make their dreams their reality.

Ice Cream for a Dream is an excellent way to reboot or re-energize your organization, school or program. More importantly, Ice Cream for a Dream is an opportunity to start a deeper conversation about how having dreams and pursuing dreams leads to a more satisfying life. Ice Cream for a Dream is easily paired with The Dream Chasers Workshop, The Dream Board Activity or a Motivational Speech to make a full day or half-day activity for your school, college, organization, program or community. Ice Cream for a Dream is also an excellent stand-alone event for students, colleges and community events.

POWERED BY DREAMS

DOCUMENTARY

Powered by Dreams is a one-hour documentary that follows Dream Chaser #1 as he chases his dreams and encourages others to do the same. The documentary chronicles the beginning of The Dream Support Network and the first Ice Cream for a Dream. The documentary is a great pre-introduction to dream chasing and can be paired with other Dream Support Network Services.



COST OF SERVICES

- o The Dream Chasers Workshop- \$1,000.00 (Two and a half hours)
- o Motivational Speeches-\$500.00 (45 minutes to an hour)
- o The Dream Board Activity- \$250.00 (One hour)
- o Ice Cream for a Dream-\$250.00 plus the cost of ice cream (.25 per cup)
- o Powered by Dreams Documentary-\$19.99 (Also can be watched on the website)



THE
**DREAM
SUPPORT
NETWORK**

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www.thedreamsupportnetwork.com

Email Us:

Call Us:

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FOLLOW US

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and Ice Cream for a Dream

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