

House Resolution 144

By: Representatives Carter of the 93rd, Hugley of the 141st, Scott of the 76th, Schofield of the 63rd, Miller of the 62nd, and others

A RESOLUTION

1 Recognizing and commending Dr. Antoinette G. Alvarado; and for other purposes.

2 WHEREAS, Dr. Antoinette G. Alvarado has dedicated her career to ministry, leadership, and
3 service, currently serving as co-pastor of Grace Church International, founder and executive
4 director of My Sister's Keeper Foundation for Women, and president of Targeted Living
5 Coaching & Consulting LLC; and

6 WHEREAS, she has made a significant impact as a preacher, teacher, and workshop
7 presenter at national and international conferences and has authored several books, including
8 *Run and Not Be Weary: The Pursuit of Purpose and Destiny*, *Stoking the Fire of Your*
9 *Dreams*, and *Harmonize Your Life: A Journey Toward Self-Care*; and

10 WHEREAS, Dr. Alvarado has further contributed to the fields of coaching and wellness,
11 earning certifications as a coach and coach trainer through Lifeforming Leadership Coaching
12 and as a health and wellness coach by the American Fitness Professional Association; and

13 WHEREAS, she has shared her expertise as an adjunct professor and guest lecturer at
14 institutions such as Beulah Heights University, Regent University, the Howard University

15 School of Divinity, Georgia Piedmont Technical College, the Spelman College Bonner
16 Scholars Program, and the Interdenominational Theological Center; and

17 WHEREAS, she additionally serves as founder of the Harmonize Your Life Women's
18 Self-Care Network, the retreat leader of the Harmonize Your Life Women's Self-Care
19 Retreat, and the host of the "Harmonize Your Life: Conversations on Self-Care for Women
20 of Color Podcast"; and

21 WHEREAS, she has long been recognized by her peers and colleagues for her leadership and
22 community engagement as a board member for the Women in Ministry Conference-Atlanta,
23 a charter member of the Women of Color Empowerment Institute-Atlanta Chapter, and a
24 Goodwill Ambassador for the State of Georgia; and

25 WHEREAS, it is abundantly fitting and proper that this remarkable individual be
26 appropriately honored for her dedication to personal and professional empowerment.

27 NOW, THEREFORE, BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES that
28 the members of this body recognize and commend Dr. Antoinette G. Alvarado for her many
29 extraordinary contributions on behalf her fellow citizens and extend sincere best wishes for
30 continued success.

31 BE IT FURTHER RESOLVED that the Clerk of the House of Representatives is authorized
32 and directed to make an appropriate copy of this resolution available for distribution to Dr.
33 Antoinette G. Alvarado.