

Diane

Applewhite

A Bit About Diane

Diane Applewhite was born in Memphis, Tennessee the youngest of four children. She lives in the beautiful state of Virginia, nestled between the mountains and the beach. God has blessed her with three wonderful sons, Josh, Sean and Paul. Two are still in high school and the other is in college. From the time Diane was ten years old she knew she wanted to be a chef. Being in the kitchen is one of the places she is most comfortable. Graduating top in her class, Diane completed an apprenticeship sponsored by the Culinary Institute of America. She went on to work in a private club, a five star hotel, and as a personal chef. As her career took off she was employed as a Culinary Arts Instructor to high school students. Diane loved being on the same schedule as her kids, and working with young people. On October 27, 2001 Diane's life and career were changed forever. Before school one morning, she tried to stop a fight and was assaulted in the process. Her injuries led to retirement in 2005. Since the assault, Diane has endured a dozen surgeries and lives with chronic pain.

Oddly, this was one of the best things that could have happened. She had to face the issues she had avoided most of her life.

"Diane has a wonderful enthusiasm when she speaks. She is real and open and will be a blessing in her ministry."

Melissa Taylor
Proverbs 31 Speaker/Author



To contact Diane for your next event:

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October I thought my life as a chef was over. God has blessed me with the insight of a chef and the ability to be creative with those like me who now 'can't stand to cook'. Today I may not hold the title of 'chef' of a fancy restaurant, but I am a 'chef' for the King."

Diane has been recognized multiple years in "Who's Who in American Educators". She has served as a state and national judge for culinary events. Diane was recognized for her work with youth in the classroom and was nominated for "Teacher of the Year". At the state and national level Diane has served as a mentor/advisor on teen violence. She continues to work with young people and their culinary education.

As you hear Diane's energetic and creative style of speaking, you can see how she strives for truth in her life, and how she seeks to share her experiences with others. Diane takes her knowledge as a chef to deliver unique presentations. Her talks can be tailored to your group's needs.

Though unable to do many of the things she did in her past, she continues to seek God's desire for her life. In 2005, Diane felt God calling her to a speaking ministry to share with others how He has changed her from victim to survivor. "That day in

Topics

How to Know When to Change Your Diet. In John 6:35, Jesus said "I am the bread of life. He that cometh to me shall never hunger." Do you feast daily on **His word** or are you feeding on **the world**? Is your diet the right mix of milk and meat? Let's explore God's diet plan.

Violence, the Very Beginning. Did you know that there are 463 acts of conflict recorded in the bible? How do we deal with "conflict" in our society? What do we do when we are victims of violence? Do we have the right to retaliate?

When You Can't Stand To Cook. The kitchen may seem as foreign as another language. For those who have disabilities, the kitchen may seem to be a source of neverending challenges. Twenty five years in the kitchen has given me insight into how to make the kitchen manageable.

Chronic Pain. If you don't suffer from it, chances are you know someone who does. Instead of getting angry about it, find out how to treat pain with love and compassion.

Beautiful Scars. In order for a scar to form there has to be healing. We all have invisible scars. How do see your own "scars"? Are they beautiful?

