Meet
Vanessa K. Antrum

Vanessa K. Antrum has been described as a radiant light—reflecting God's goodness and mercy wherever she goes. Her unmistakable presence even caught the attention of Steve Harvey during her appearance on *Family Feud*, who remarked, "You got your high beams on."

A two-time cancer survivor, Vanessa has overcome both breast and kidney cancer, giving full credit to God's miraculous healing power. Her journey of resilience, faith, and strength has been an inspiration to many.

Vanessa retired as Director of Training for the State of Maryland, where she spent years empowering and motivating staff across the state, particularly those serving individuals with developmental disabilities. She was known for her dynamic training sessions, high-impact motivational speaking, and for planning statewide conferences attended by hundreds.

In her personal life, Vanessa is a devoted encourager—especially to her four adult children and four granddaughters. While caring for her aging parents, she emerged as a powerful advocate for self-care, learning to pour into herself while pouring out to others.

Academically, Vanessa holds a B.A. in Sociology and Speech Communications from Allegheny College and a Master of Social Work from Howard University. Spiritually rooted, she has been a dedicated member of Greater Mt. Calvary Holy Church for over 40 years, serving in numerous ministries: the Usher Board, Jr. Usher Board (Advisor), Associate Missionary Board, Deaf Ministry, Marriage Ministry, Mime Ministry, and now, the Caregivers Ministry. She is a graduate of Calvary Bible Institute and was licensed as a minister in 2020.

Vanessa is passionate about testifying to God's faithfulness and deliverance, especially during life's most challenging moments. She is a co-author of three books and wrote her first solo book which was recently released entitled - The Pandemic Caregiver: A Daughter's Journey of Laughter, Tears and the Struggle of Dementia

When she's not writing or ministering, Vanessa enjoys learning new technology, playing games, traveling, spending time with loved ones, and indulging in her favorite treat—soft serve ice cream. She has shared her powerful testimony on multiple television programs, bringing a voice of victory to audiences far and wide.

Vanessa has been joyfully married to her soul mate, Thomas, for over 41 years. Together, they are the proud parents of Devin, Michelle, Koleen, and Vanice, and the delighted grandparents of Aariah, Alaysia, Avianna, and Emmaleigh—not to mention their beloved grand-dog, Shyloh, who loves FaceTime almost as much as she does.

- No Phone # or address - Just email address - info@vanessakantrum.com
- Video Link to Caregiver Presentation Opening - https://youtu.be/dnMue1LjTuM

- Mailing List Title - Join Vanessa’s Network for Tips and Information
- Contact Us Title - I Appreciate Your Interest in Our Site - Contact Me
- 4 Testimonials -

⭐ Testimonial 1 - Inspirational / Faith-Based

“Vanessa Antrum is a living testimony of God’s grace and strength. Hearing her speak shifted something in me. She doesn’t just tell her story - she *transfers* hope, faith, and resilience into everyone listening. Her words wrapped around my heart at a time when I needed it most. Vanessa is truly a vessel God uses to heal, uplift, and inspire.”

— **Tony K., Ministry Leader**

⭐ Testimonial 2 - Caregiver / Self-Care Audience

“As a caregiver, I thought I was holding myself together - until Vanessa helped me recognize the weight I was carrying. Her honesty, humor, and compassion made me feel seen for the first time. *The Pandemic Caregiver* spoke directly to my soul. Vanessa doesn’t just teach self-care; she models it with grace. She gave me permission to breathe again.”

— **Lillye B. - Family Caregiver**

⭐ Testimonial 3 - Professional / Training & Leadership

“Vanessa is one of the most dynamic trainers I have ever encountered. She has a rare gift: she can motivate, educate, and inspire all at the same time. Her leadership shaped our team in ways that are still evident years later. Every session with Vanessa leaves you better—more confident, more capable, and more committed to excellence.”

— **Andrea J., State of Maryland Colleague**

⭐ Testimonial 4 - Speaker Event Host

“We were honored to have Vanessa speak at our conference, and she exceeded every expectation. Her authenticity captivates audiences instantly. Laughter, tears, healing, and revelation all happened in one session. Our attendees said it was one of the most meaningful presentations they’ve ever experienced. Vanessa carries a light that changes rooms.”

— **Shaunda B., Conference Host**