

Gigi Centaro

Speaker and Author of the Award-Winning Book
Let's Cook Tonight!

“Sharing dinner together just two nights a week can change your family life for the better -- forever!”

As America's Dinnertime Cheerleader™, Gigi Centaro is a woman on a mission – fork, spatula and wooden spoon in hand– to bring families together over dinner. For those who have abandoned roasting pans for reservations, Gigi offers powerful food for thought to change your family's dinnertime experience for the better.

She inspires audiences to use dinnertime as a powerful tool to balance life and work. Through compelling presentations and engaging interviews, Gigi guides families to strengthen their bonds and nourish their souls for a lifetime, one simple dinner at a time.

Her book, *Let's Cook Tonight*, is an award-winning cookbook written for people who have no time, desire, or know-how to cook. Her cookbook makes it easy for families to cook, connect and celebrate over dinner.

Sharing Her Message with Humor, Stories and Powerful Truth

With Gigi as their guide, families learn how to use dinnertime to strengthen relationships, spend quality time together, foster communication, provide stability, teach life skills, establish traditions, and create memories.

With a healthy dose of quality ingredients, emphasis on family time, and easy-to- follow instructions, they learn to laugh and love each other more deeply than ever before.

After hearing Gigi Speak:

- *People who see dinner as a major inconvenience and hassle gain a completely new view of what's possible at dinnertime.*
- *People who are too busy or who don't like to cook, change from seeing dinnertime as something they **have** to do to something they **want** to do.*
- *Dedicated entrepreneurs, who sometimes put their families on the back burner as they work to achieve their goals, learn how to use dinnertime to balance their life and work.*



Gigi Speaks LLC

America's Dinnertime Cheerleader™

Gigi's entertaining and engaging style along with her easy humor set the stage for people to laugh, think, and ponder the possibility of using dinnertime as quality family time. With a grocery list of stories about families of all sizes and types, Gigi shows that dinnertime is just a delicious excuse to get together.

Her essential message is this—just two nights a week can change your family dynamics for the better forever. And with such a compelling reward within easy reach, why wait a moment longer to dig in and savor this just dessert?

Who's Coming to Gigi's Presentations?

Single moms and single dads, blended families and extended families, young families and long time couples are flocking to Gigi's presentations. Families of all sizes, ages and varieties benefit from learning how to use the powerful tool called dinner-time to bring the people they love together.

Whether she is addressing a few people in a living room, hundreds of people at an industry event, or thousands of radio listeners, one thing is certain. Gigi Centaro will light the flame of enthusiasm for every listener to go home and make dinnertime a family event.

To Engage:

Invite Gigi Centaro to speak at your next important event, or address your radio or television audience. Ask about quantity book purchase discounts on her award-winning book, *Let's Cook Tonight!*

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The Proof is in the Pudding Audience Members Rave!

"Gigi was unbelievable. She was prepared, polished, entertaining, clear, concise, knowledgeable, focused and on message. What was especially powerful was at the end when she brought home to us the emotions surrounding a home cooked meal and how that meal enables us to reconnect with our loved ones. She got a standing ovation from several people. I would pay to hear her speak. She was really that good."

Beth Dannheim, Beth Dannheim Agency Inc., American Family Insurance

"It is rare to find business people today who understand the benefits of putting people first. In her latest endeavor, Let's Cook Tonight, Gigi is creating a movement of people who understand and enjoy the benefits of cooking a nutritious, home-cooked dinner, and sharing it with family. If you get a chance to hear Gigi speak, do it. She is a passionate, entertaining and informative speaker."

Hawkeye Richardson, owner, Hawkeye Consulting, LLC

"Kathy and I are empty nesters who long ago abandoned roasting pans for reservations. Gigi has given us a new awareness to use dinnertime as an opportunity for Kathy and me to spend real time together catching up. It doesn't get any better!"

Ted and Kathy Adamczyk, married 49 years, three grown sons

"The past few weeks we've been busy with end of the year school activities and we've been running out the door so we had stopped eating dinner together as a family. I had gotten in a bad rut of eating out or grabbing something quick. We were just eating when anyone had time. I hated it, the kids weren't happy and it wasn't pleasant. Last night we all sat down and ate dinner together as a family. It was so pleasant. Today, after hearing you speak, I decided to use your suggestion for planning meals. I spent time planning meals for the next two weeks. Thank you for your advice and suggestions. They motivate me to get back to eating together and eating at home with a menu and a plan!"

Brenda Davis, wife, mother of three, part-time personal assistant

www.GigiSpeaks.com