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Speaker at Erin Mills Town Centre

Take that first step this weekend

By DAVID SHAW
Special

Mississauga motivational speaker Grace Cirocco will be at the Erin Mills Town Centre Saturday to talk about her first book, *Take the Step: The Bridge Will Be There (Inspiration & Guidance for Moving Your Life Forward)*.

Born in Italy, Cirocco moved to Canada at age 3 to a farm near Niagara-on-the-Lake. After obtaining her degree in philosophy from Queen's University, she worked in the CBC's news department.

It was after attending a communications workshop that she discovered her true vocation as a motivational speaker, even though she had no formal training in public speaking.

"I wanted to be a professor, but I realized adults would get my message more than 20-year-olds," said Cirocco. "I realized I was called to do this, so I quit my government job and started my own consulting company in 1992."

Cirocco moved to Mississauga six



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"People want to go forward, but they either don't have the necessary faith or they feel stuck," she said. "I ask people what's important to them and who they really are, since most are on a treadmill, merely going in circles. You can't walk across the bridge towards your dreams unless you have something to walk towards."

The second part of her book deals with the procrastination that prevents people from achieving their goals.

Cirocco also recommended that peo-

years ago, after growing tired of paying for a Queen St. office when she lived in Toronto's Beaches area.

In her book, she reveals a two-part plan of how to take action by articulating your goals and how to remove personal obstacles to achieve your dreams.

ple keep a daily journal about what they are grateful for each day.

"Focus on the positive in life instead of the negative ... what we don't have," she said. "Make a difference in each other's lives by sharing more sincere compliments with each other."

Cirocco said that while most people thought computers and e-mail would give them more time for other things, technology has, in fact, taken more time away.

Saturday's lectures will focus on motivation.

"People need to focus on goals and make each day count in order to lead more meaningful and fulfilled lives," she said. "My book is filled with true, inspirational stories. I had the confidence to quit my full-time, \$75,000-a-year job when I realized that if I took the step, the bridge would be there."

Cirocco will be signing her book Saturday from 11 a.m. to 3 p.m. at centre court on the second floor of the Erin Mills Town Centre. She will lecture at noon and 2 p.m.