

LANTIGUA

community architect, podcaster and speaker creating spaces where we belong

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about

Cat Lantigua is a community architect, podcaster and speaker creating spaces where we belong. In 2016, she launched a blog dedicated to vulnerably sharing her personal journal and amplify the voices of millennial women shifting culture. When grappling with loneliness and depression after a move to New York City, she unlocked the power of vulnerability by opening up online. The result? A radical communal universe for belonging was formed.

Cat Lantigua is the founder of Goddess Council, a wellness membership platform for women looking to make new friendships, participate in meaningful conversations and heal collectively. Through Chats With Cat Podcast, she leads honest conversations with millennials about overcoming fear, self-actualization and paving the way to let our soul's purpose shine.

As a first-generation Dominican-American, she intimately understands the nuances of community, identity, advocacy and self-care. Social wellness is a facet of wellness that is rarely talked about or thoughtfully integrated into the wellness sphere. Through her work, she is doing her part to create vulnerable, authentic spaces that usher in honest, meaningful conversations and nourishing exchanges.

DISCOVER catlantigua.com

GET IN TOUCH at@catlantigua.com



Cat is a true collaborator. She authentically engages with ideas, and finds a way to lift up peoples' passions and make them actionable. Cat goes above and beyond to foster community, creating a forest where you can plant yourself and grow.















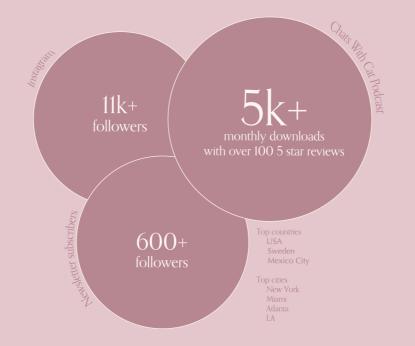
Brand Partnerships

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BUICK

WOMAZE

JOINERY



"cultivating space is what I do really well"

services

- group facilitation
- + on-camera hosting
- + campaign talent
- + consulting

fortes

- social wellness
- community building
- * women's empowerment
- + and laumdad and identity
- entrepreneurship/solopreneurship

ONLINE www.catlantigua.com

SOCIAL

instagram: @cat.lantigua apple & spotify: chats with cat podcast

LET'S GET IN TOUCH

Together we can create transformational experiences for community.

