



Cat
LANTIGUA

community architect, podcaster and speaker
creating spaces where we belong

**MEDIA
KIT**

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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
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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.

Listen. Then listen again, and... Dec 7, 2022
Robl003

★★★★★
An intimate, transparent, emotional bonding session that resonates on so many levels.

Absolutely must hear Dec 7, 2022
natalie edgar

★★★★★
deep, profound, honest. Everyone should listen to this 🍷

relatable + heartfelt Dec 20, 2022
Priscilla Olivia

★★★★★
Cat is a host that really takes how to take simple, everyday musings and turn them into such a thought provoking moment. I love her insight on navigating culture, growing pains + lived experiences.

a warm hearted forward thinker Mon
loribluv

★★★★★
Cat is an inspirational human. Her words make my heart ❤️ smile. And her voice echoes the sounds of the birds 🐦 as the sun rises 🌅

Beautiful Work from a Beauti... Dec 7, 2022
aninanL

★★★★★
I'm a pretty new listener to Chats with Cat and I've been listening to the episodes from the beginning in between the new ones. I really love the way Cat expresses herself and is able to put these intangible feelings into word. I love love love listening and can't wait to hear more!

Cat is an angel. 2y ago
thankyousoooooomuch!!

★★★★★
You must listen to this podcast. You just must.

Brand Partnerships



venmo

FUJIFILM

aerie

the mujerista



Loisa



bloomingdale's

FENTY BEAUTY

Caress

prima
THE SPLITTERS



BUICK

WOMAZE

JOINERY

Instagram

11k+
followers

Chats With Cat Podcast

5k+
monthly downloads
with over 100 5 star reviews

Newsletter subscribers

600+
followers

Top countries
USA
Sweden
Mexico City

Top cities
New York
Miami
Atlanta
LA

“cultivating space is
what I do really well”

services

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

fortes

- + social wellness
- + community building
- + understanding modern-day spirituality
- + women's empowerment
- + afro-latinidad and identity
- + implementing self-care and cultivating joy
- + 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.

