



Cat & Nat

Content Creators | Best-selling Authors | Hosts



[TheSpotlightAgency.com](https://www.TheSpotlightAgency.com)



Cat & Nat

Content Creators | Best-selling Authors | Hosts

Catherine Belknap and Natalie Telfer, more commonly known as Cat & Nat, are the coolest moms you'll ever meet. Together, they have created a trusted brand with a rapidly-exploding audience of engaged, like-minded women. With the mission of building a united community, Cat & Nat deliver authentic content to help women and moms from all around the world learn and grow together.

With seven kids between the two of them, Cat & Nat know just how lonely and isolating motherhood can be. So, they set out on a mission to bring women together by hosting dinner parties and events – with wine and without babies. The events garnered huge success in Toronto, and were talked about all over, leading Cat & Nat to break into the online world to reach more people and connect with women and moms everywhere.

With honesty and humor, Cat & Nat dismantle the unrealistic portrayals of motherhood that are often presented throughout social and traditional media. Through their virally famous #MOMTRUTHS videos, which have garnered hundreds of millions of views, their Facebook Lives and Instagram Stories, their best-selling book *Cat and Nat's Mom Truths*, and iHeartRadio award nominated podcast *Cat & Nat Unfiltered*, Cat & Nat share everything moms think but are too afraid to talk about. Over the past few years, Cat & Nat have taken their #MOMTRUTHS on the road, performing over 100 live shows across North America.

Cat & Nat are based in Toronto.

@CatAndNat

Over **888K+** Followers
On *Instagram*

Audience Demographics



96.8%

29% ages 25-34

49% ages 35-44

Top Countries: USA (68%) CAN (22.9%)

- Over 13 Million Weekly Impressions
- Over 40K Views per Instagram Story





Cat & Nat

21 hours ago

Tomorrow we hit the road for a few days. Rochester, Boston & Buffalo . It is very hard to imagine how all these children we have will possibly survive without mom making 75 snacks a day between the hours of 4-8pm . We can't wait to see you all!! Tickets here catandnat.ca/tour



149

26 comments 7 shares

@CatAndNat

Over 1.4 MILLION+ Followers
On FACEBOOK

Audience Demographics



94%

28% ages 25-34

45% ages 35-44

Top Countries: USA (81%), Canada (9.5%)

Over 45K Views per livestream.

Social Media

@CatAndNatYT

72.6K+ Subscribers
on YouTube

Audience Demographics



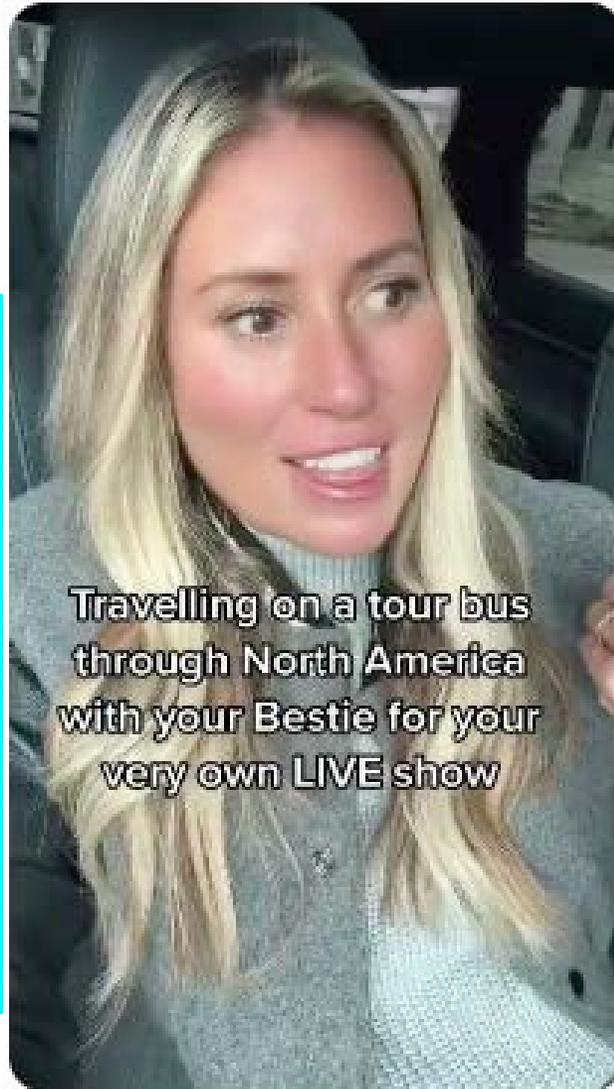
76%

43% ages 25-34

30% ages 35-44

Top Countries: USA (46%), Canada (11%)

Over 13 Million Video Views!



Travelling on a tour bus
through North America
with your Bestie for your
very own LIVE show

The fun is what keeps us
going to travel to meet all of...

3.8K views



Tag your bestie ❤️ #shorts

1.8K views



If you know you know



New podcast dropped!

@CatAndNatOfficial

Over **1.5 MILLION+**

Followers on Tiktok

- Over **48.8 million** likes
- Several videos have *over 1 million views*



Cat and Nat have written two books, *Mom Secrets* and *Mom Truths*, the latter of which is a Globe and Mail Bestseller! Some praise from fans below:

"This book was fantastic, I loved every minute of reading it and will be passing it along to other first time moms!"

"This book is raw and honest. I cried, I laughed out loud and could relate to every story! Thank you for making motherhood so open and relatable!"

"Cat and Nat are here to reject the should, ditch the filter and tell it like it really is."



CAT & NAT

UNFILTERED

Cat & Nat Unfiltered Podcast: At a Glance

- 56.4 K Followers on their @catandnadunfiltered Podcast Instagram
- Over 17 Million Downloads
- Audiences can tune in three times per week for the dirt on business, marriage and motherhood
- All episodes can be found on iTunes, Spotify, and most podcast playing apps.

THE
POD
CAST

Podcast 

CAT & NAT'S



RECKLESS
ABANDONMENT
TOUR

LIVE 2024

LIVE TOURS

Cat and Nat have done over 100 live shows in different venues, and have sold out theatres across North America. With their relatable charm and humor, Cat and Nat bring together a community of women and moms to laugh and cry together.

Cat and Nat Tour dates and locations can be found [here](#).

Live Tour 



THE WALL STREET JOURNAL



HUFFPOST
Today's Parent
Cityline



PeopleTV

SELF magazine

Global



BREAKFAST TELEVISION



Daily Mail

the Social



Cat & Nat are available to partner with brands for a variety of initiatives, including:

- Spokesperson roles
- Media appearances
- Digital video and influencer content
- Event hosting
- Speaking Engagements
- Guest appearances
- and more

Past partners:





For more information, please contact:

info@thespotlightagency.com

thespotlightagency.com