EXPLORE YOUR INNER
LANDSCAPE THROUGH

COACHING

Grow in awareness and self-compassion as we discuss what matters most to you.

SCHEDULE A CALL

Website

COACHING IN A NUTSHELL

WE ARE ALL LOOKING FOR ANSWERS... BUT ARE WE ASKING THE RIGHT QUESTIONS?

Coaching is a conversation about what matters most to you. A goal, a struggle, a conflict of values, an aspiration, or a point of vulnerability. My job is not to instruct you on how to live. Instead, I provide you a space to explore the internal conversations you haven't permitted yourself to explore with the full depth of your soul.

Coaching investigates your perceptions and reflects the echo of your ideas with a new light— unveiling who you really are at your core, what you stand for, and what you are capable of.

Have you ever regretted waiting for the right conditions to arise to have these heart-to-heart conversations? I invite you to consider if the resolution you are looking for can be found in the midst of incompleteness, imperfection, chaos, and uncertainty. And if so, will you allow yourself to experience a different mode of being in the present and do what it takes to make it happen?

I believe that a taste of the end goal —maturity, enlightenment, redemption, the possibility of choice, and the potential for growth— is always available to you regardless of how you define yourself, your past failures, your perceived limitations, and what has happened to you.

If this is the time for you, it would be my honor to take that step with you.

FREE DISCOVERY CALL

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THE GOAL BEHIND THE GOAL

SOLVING THE PUZZLE AT HAND IS NOT THE LARGER GAME WE ARE PLAYING...

"What are you learning about yourself?"

"How do you need to relate to the challenge to feel in alignment?"

"What beliefs is the situation reinforcing?"

"How does the situation make you feel?"

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MEET THE COACH

Santiago Barragan Noguera

About Me

I am a Certified Coach and Director of Coaching Education at the International Coaching Federation Colombia. I specialize in multiple areas of the wellness domain. I speak multiple languages and have lived in 5 countries across Europe, America, and Asia over the past 10 years.

I have cross-cultural work experience coaching tech entrepreneurs, Ph.D. professors, medical practitioners, real estate executives, creative artists, and social workers of all ages, races, and genders worldwide.

I am committed to provide:

1. Ethical Practice
2. Confidentiality
3. Authenticity
4. Professionalism
5. Updated skills & Competences
6. Treatment as an equal

Beyond Coaching...

I am a college faculty at Global Music Institute (India), a professional therapeutic musician, a voting member of the Latin Recording Academy, a certified Yoga Alliance teacher, a meditation teacher and Buddhist practitioner, a salsa and bachata dancer, a nonfiction writer, and a multidisciplinary learner.