

PROMTPRESS PUBLIC REPORT

Channel audit

Feminine Energy|Masters & Practitioners



@ezobiznes

Your personal guide to mindfulness. Top experts, masters and guides in esoterics share sacred knowledge, practices and tools for life transformation. Speakers in...

SUBSCRIBERS	ERR (% SEE POSTS)	REACH/POST
16 183	69.0%	11.2K
+5055 per month 06.07.2026	last day 60.4%	ad reach 9.1K/24h HTTPS://PROMTPRESS.COM/AUDIT/EZOBIZNES

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

Each card is a separate channel health indicator. The subtitle below the number shows the period it covers.

 SUBSCRIBERS 16 183 —	 SUBS REACH 68.99% avg % subs see post	 VIEWS/POST 11.2K median 11.1K · 27 days	 POSTS/WEEK 4.7 for period
 7D TREND +50.9% vs previous week	 REACTIONS/POST 97.3 only 1,752 reactions, 219 reposts, 69 comments	 POST LENGTH 1,000 chars median 1000 · 27 days	 POSTS ANALYZED 18 27 days
 AD REACH 9.1K 24h avg	 CHURN / MONTH +5055 last month	 CITATION RATE 6 citation index · 402 channels mentioned all time	 CHANNEL AGE 3 years 1 month created 15.05.2023

AI EDITOR SUMMARY

Channel «Energy by Women|Masters & Practitioners» — 16 183 subs. Avg views per post: 11.2K people (69% of subs), wide reach for a channel this size. Posts 5 posts/week (~1/day) — rare. Week 22–28 Jun reach grew +50.9% by week 15–21 Jun — positive trend.

SECTION 02 · CONTENT ANALYSIS

What Works Best

Top posts by engagement and outsiders – to see what to repeat and what to drop from rotation.

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on **18** posts in 27 days.
- 02 Dominant format – **Photo** (12/18 posts).
- 03 Avg post length – **1000** chars (median 1000).
- 04 Peak audience activity – **Thursday**, 14:00 MSK.
- 05 Strongest posts get **2×** more views than the weakest (14.9K avg for top vs 7.7K for worst) – among 18 posts in 27 days. Worth analyzing what the top has in common – topic, format, timing.

TOP 5 POSTS

Nº1 02.07 · 11:51 PHOTO Божественный Пофигизм 😊 Почему мы постоянно в лёгком напряжении... даже когда вроде всё нормально? Есть один персонаж. 😊 Он просыпается...	VIEWS	REACTIONS
	15 222	113
	REPOSTS	ER
	3	94.1%
Nº2 02.07 · 11:50 VIDEO (captionless post – video)	VIEWS	REACTIONS
	15 163	85
	REPOSTS	ER
	2	93.7%
Nº3 03.07 · 11:49 VIDEO (captionless post – video)	VIEWS	REACTIONS
	14 380	85
	REPOSTS	ER
	2	88.9%

Nº401.07 · 11:41 VIDEO (captionless post – video)	VIEWS	REACTIONS
	12 205	80
	REPOSTS	ER
	2	75.4%

Nº501.07 · 11:42 PHOTO WHY YOU REST BUT DON'T RECOVER? Have you felt truly calm lately? Sometimes a person gets so used to living...	VIEWS	REACTIONS
	12 196	105
	REPOSTS	ER
	3	75.4%

WORST 3

↓ 09.06 · 11:38 PHOTO 🌀 Sacred Geometry: The Language Your Life Is Written In Maybe you're hearing this phrase for the first time, and your mind conjures up either...	VIEWS	REACTIONS
	9 273	184
	REPOSTS	ER
	150	57.3%
↓ 16.06 · 11:33 PHOTO Sometimes it all starts by chance. A book opened to the right page, a conversation that lingers longer than usual, a strange...	VIEWS	REACTIONS
	7 109	84
	REPOSTS	ER
	3	43.9%
↓ 18.06 · 11:38 PHOTO SACRED CREATIVITY AS A WAY TO WEAVE YOUR DESTINY Throughout history, creativity for women has been much more than just a way...	VIEWS	REACTIONS
	6 618	83
	REPOSTS	ER
	3	40.9%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

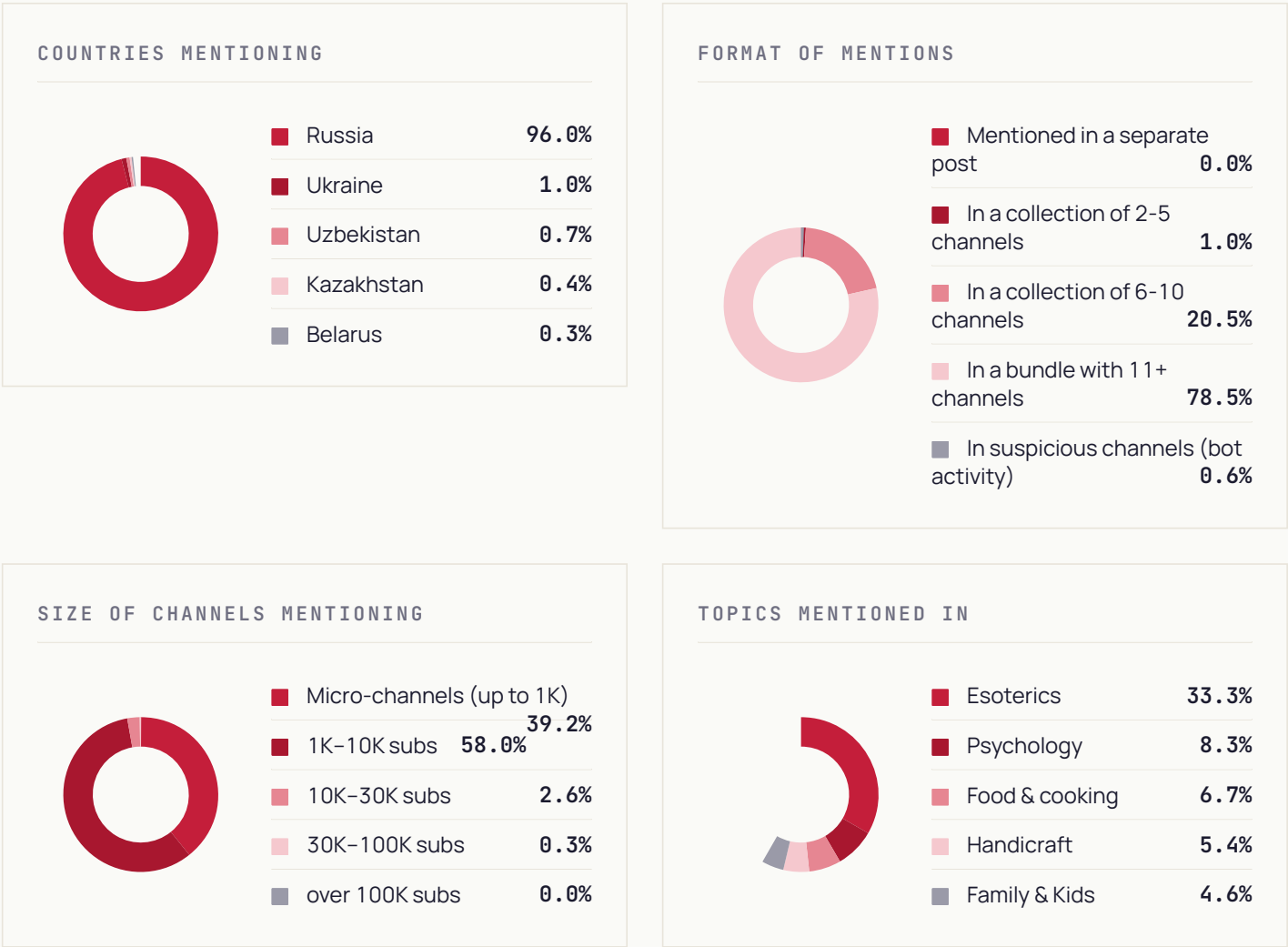
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows which months the channel gained or lost subscribers.



SECTION 04 · CITATIONS

Who mentions the channel and how

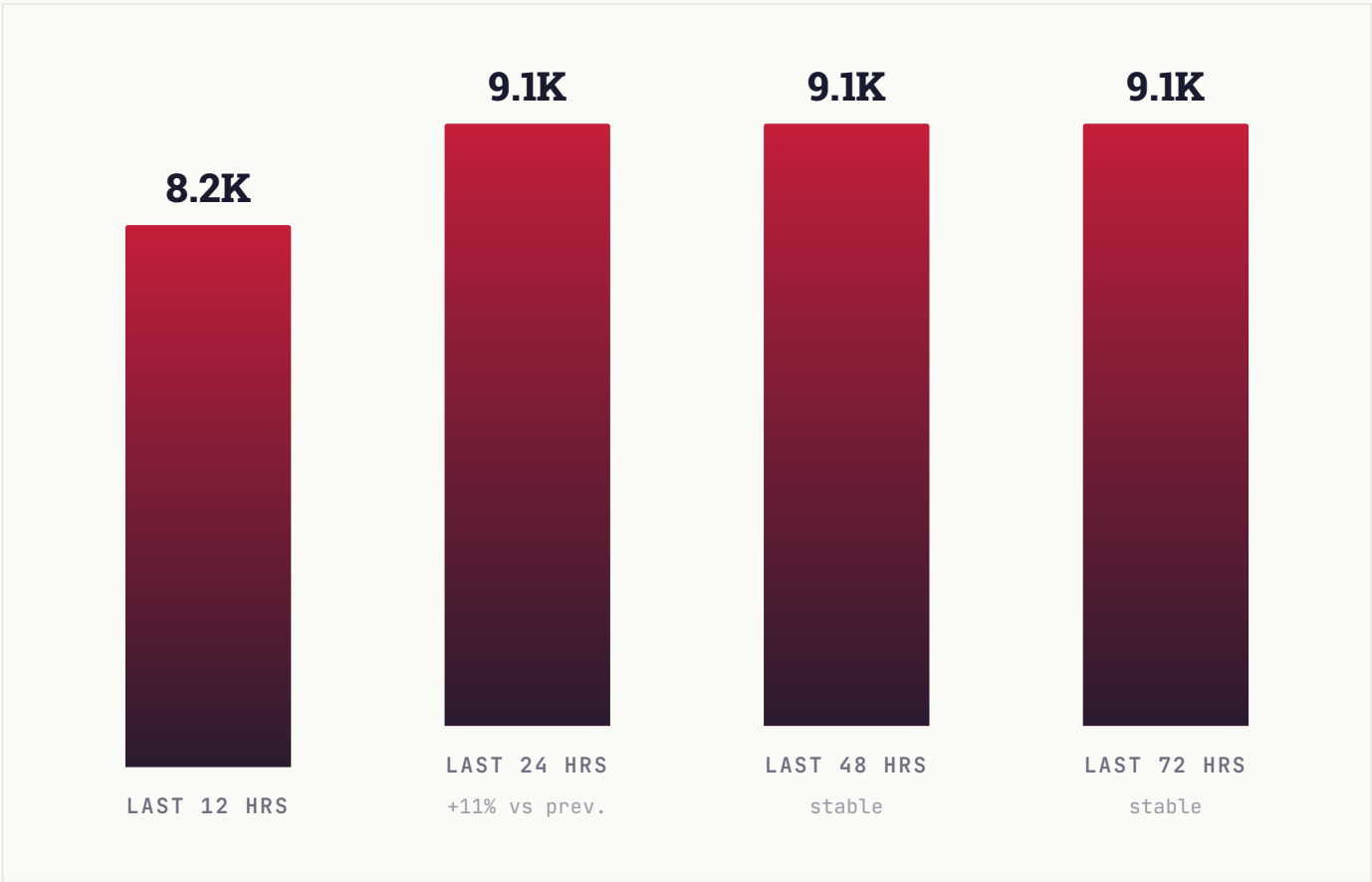
Citation index 6 – channel popularity rating based on mentions. Considers not only their count but also the weight of mentioners: a post from a 100K subs channel weighs more than from a 1K subs channel. All-time channel mentions: **402** different channels.



SECTION 05 · AD POTENTIAL

How long a post generates reach

Avg reach of ad post by time since publication. Helps estimate how long a placement stays relevant.



SECTION 06 · COMPETITORS

Who you compete with

11 nearest channels by topic and audience. Highlighted your channel — shows its rank among niche neighbors.

CHANNEL	SUBSCRIBERS
S& Startups & Ventures	2.7M
VC Venture Capital	2.6M
ME Mohamed El Guazzar 🇪🇬	2.1M
IT ISHBOR Toshkent	1.4M
MO Moscowbusiness	1M
CI Million-dollar books business blog	864.8K
RP Roxman typing...	538.5K
AB Акула Бизнеса	498.5K
SS Merger & Acquisition	478.5K
لز لباس زیر اقساطی ریزسابل	474.8K
ERR Feminine Energy Masters & Practitioners YOU	16.2K

COMPARATIVE SUMMARY

Channel not yet outside niche top 98 — early growth stage. Niche leader — Startups & Ventures (2.7M), top-98 median: 164.1K. First goal: enter top-98 through systematic traffic & content work.

SECTION 07 · MENTION DYNAMICS

How often the channel is mentioned

Each month we record posts in other channels that mention your channel. Over the last **6 months** such mentions: **85**, they brought **15 905** new subs.

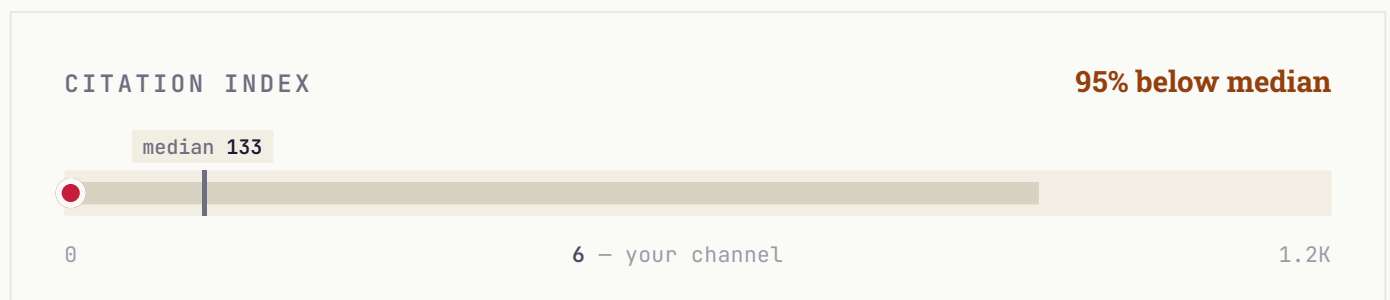
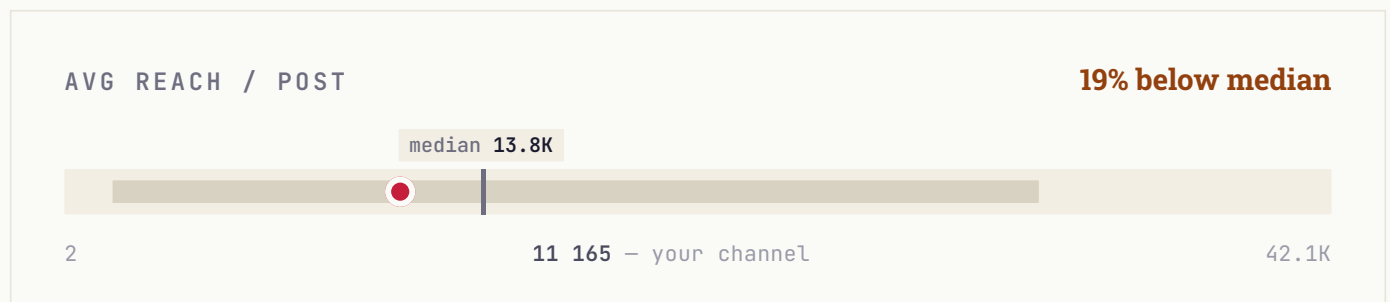
PERIOD	MENTIONS	CHANNELS	BROUGHT SUBS
January 2026	0	0	595
December 2025	11	10	3 529
November 2025	20	19	5 275
October 2025	27	22	1 787
September 2025	9	8	1 818
August 2025	18	14	2 901

TOTAL MENTIONS	MONTHS OF DATA	ACQUIRED SUBS
85	6	15 905

— SECTION 08 • NICHE COMPARISON

Where the channel stands in its league

Took top-**100** channels in category «**Business & startups**» (Russia) and compared your channel. Gray band = range for 80% of niche channels (p10 to p90). Black vertical = median. Red dot = your channel.



— SECTION 09 · STRATEGY

What to Do Right Now

5 priority actions ranked by expected impact. Check off and revisit this report in a month.

01

Increase posting frequency

Currently 4.7 posts/week. Active channels average 7-10. Consistency is key to retention.

EFFECT

**Consistency
beats volume**

02

Main post of the week — on Thursday

Audience is most active on this day at 14:00 MSK.

EFFECT

**Best window
for an
important post**

03

Systematic traffic buying

Three formats for your media: **Inhouse** (premium channels), **Native** (native integrations), **Premium** (target audience). PromptPress finds sources for your niche.

EFFECT

**+1000-3000
subs**

04

Test polls & interactive formats

Posts with polls/reactions usually boost ER by +5-15%.
One weekly poll on a hot topic is an easy win.

EFFECT

+5-15% ER

05

Cross-promo with neighboring channels

Exchange posts with channels in the same segment quarterly. No need daily — 2-3 collabs give relevant growth.

EFFECT

**Growth from
relevant
audience**

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit is what we can do in a few minutes based on public data. Want to go further — run ads through us and close your growth plan in a month.

01	Launch Telegram ads	https://panel.promptpress.com/register
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02	Contact manager	t.me/PromptPress_manager
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