

PROMTPRESS PUBLIC REPORT

Channel audit

Women's Cause - Self-Development



@woomendeLo

Space for women who want to do it all and stay energized ❤️ Self-growth, time management, aesthetics & success.

SUBS	ERR (% SEE POSTS)	REACH/POST
11 877	17.0%	2K
90 posts 26 days 11.07.2026	per day 17.3%	ad reach 2K/24h
HTTPS://PROMTPRESS.COM/AUDIT/WOOMENDELO		

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

Each card is a separate channel health indicator. Subtitle shows the period.

 SUBS 11 877 —	 SUBSCRIBER REACH 16.45% avg % subs see a post	 VIEWS/POST 2K median 2K · 26 days	 POSTS/WEEK 23.4 over period
 7D TREND -3.1% vs previous week	 REACTIONS/POST — MTPROTO only	 POST LENGTH 349 chars median 386 · 26 days	 POSTS ANALYZED 90 26 days
 AD REACH 2K 24h avg	 CITATION INDEX 19 citation index · 36 channels mentioned it ever	 CHANNEL AGE 28 days created 13.06.2026	

AI EDITOR SUMMARY

Channel «Women's Cause - Self-Development» — 11 877 subs. Each post gets avg 2K people (16% from subs), that's average reach — room to grow. Publishes 23 posts per week (~3/day) — active posting. For week June 29 — July 5, reach stable (-3.1% vs week Jun 22–28).

SECTION 02 · CONTENT ANALYSIS

What works best

Top posts by engagement and underperformers — to see what to repeat and what to drop.

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on 90 posts over 26 days.
- 02 Dominant format — Photo (87/90 posts).
- 03 Avg post length — 349 chars (median 386).
- 04 Peak audience activity — Sunday, 19:00 MSK.
- 05 Top posts get 2x more views than the weakest (2.5K avg for top vs 1.2K for worst) — among 90 posts over 26 days. Worth analyzing what the top has in common: topic, format, timing.

TOP 5 POSTS

Nº1 28.06 · 16:22 PHOTO Where the water is. Snapshot from the Oregon coast. Photo: Chris Fries / friesframes.	VIEWS 2 603 REPOSTS —	REACTIONS — ER 21.9%
Nº2 19.06 · 08:25 PHOTO «Надо жить, надо любить, надо верить.» — Лев Толстой В этой фразе нет слабости. В ней — сила человека, который не отказывается от...	VIEWS 2 538 REPOSTS —	REACTIONS — ER 21.4%
Nº3 04.07 · 16:22 PHOTO Sunset atop Big Taganay. Photo taken in Chelyabinsk region, Taganay National Park.	VIEWS 2 464 REPOSTS —	REACTIONS — ER 20.7%

Nº4 21.06 · 08:25 PHOTO You love your homeland not for its perfection. You love it like a mother, like home, like the land that gave you your start. To love is not to ignore...	VIEWS 2 381 REPOSTS —	REACTIONS — ER 20.0%
Nº5 20.06 · 08:25 PHOTO You haven't lost if you're tired. You only lose when you finally give up on yourself. Rest. Pull yourself together. Get back to work. Slower...	VIEWS 2 371 REPOSTS —	REACTIONS — ER 20.0%

|

WORST 3

↓ 14.06 · 10:48 PHOTO 📌 8 INTERESTING BOOKS ON THE POWER OF THOUGHT AND MANIFESTATION: 1. "Express Your Desires. 365 Ways to Make Your Dream Come True" - Esther and...	VIEWS 1 366 REPOSTS —	REACTIONS — ER 11.5%
↓ 14.06 · 10:48 VIDEO Fiction picks. 1. Joe Spain "Who Killed Olivia Collins?" A detective with a twist ending about a woman everyone...	VIEWS 1 079 REPOSTS —	REACTIONS — ER 9.1%
↓ 14.06 · 10:48 PHOTO How to beat a manipulator at their own game? 1. Success starts with studying the manipulator Watch their behavior closely, every...	VIEWS 1 047 REPOSTS —	REACTIONS — ER 8.8%

SECTION 03 • MENTIONS

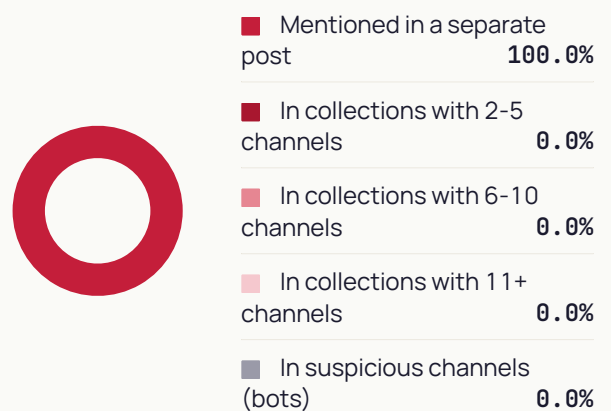
Who mentions the channel & how

Citation index **19** — channel popularity rating based on mentions. Considers not only count but also weight of mentioners: a post from a 100K subs channel weighs more than from 1K. All-time mentions: **36** different channels.

MENTION COUNTRIES



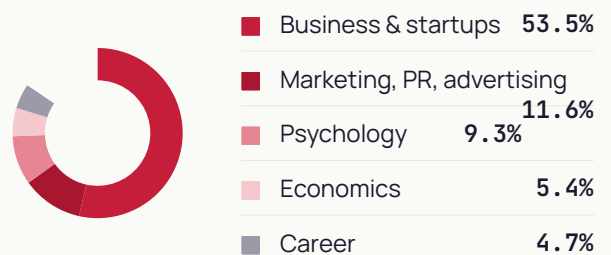
MENTION FORMAT



SIZE OF CHANNELS MENTIONING



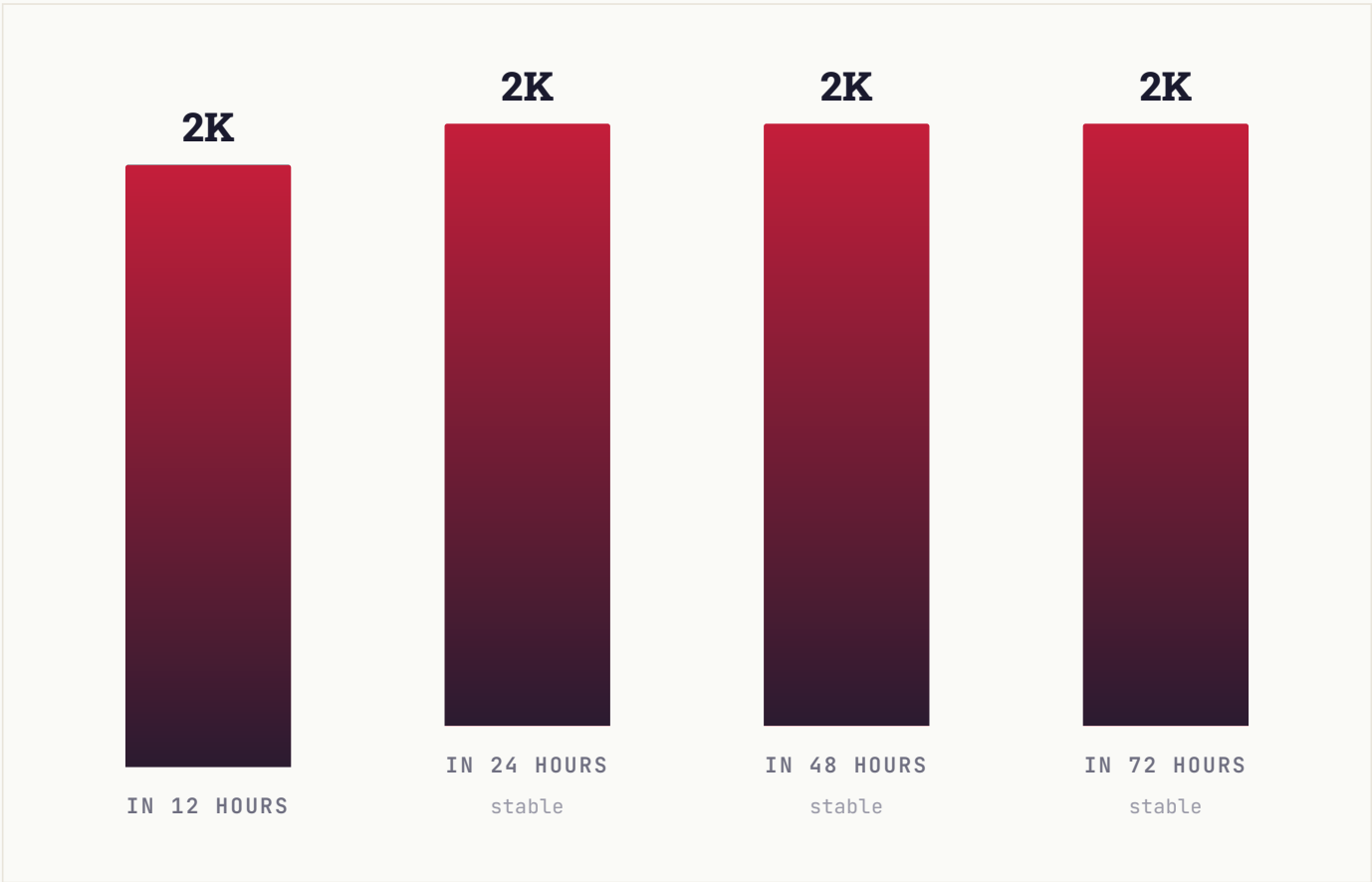
MENTION TOPICS



— SECTION 04 · AD POTENTIAL

How long a post drives reach

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



SECTION 05 · COMPETITORS

Who you compete with

11 nearest channels by topic and audience. Your channel is highlighted — see its rank among niche peers.

CHANNEL	SUBS
S& Startups & Ventures	2.6M
VC Venture Capital	2.6M
ME Mohamed El Guazzar 🇸🇩	2.3M
IT ISHBOR Toshkent	1.4M
MO Moscow Business	1M
CN Million-Dollar Books business blog	863.1K
RP Roxman typing...	533.6K
AB Business Shark	500.6K
SS Merger & acquisition	473.2K
لز لباس زیر اقساطی ریزسابل	463.7K
WD Women's Cause - Self-Development YOU	11.9K

COMPARATIVE CONCLUSION

Channel not yet outside top 99 of niche — early growth stage. Niche leader — Startups & Ventures (2.6M), top-99 median: 171.5K. First goal: enter top-99 via systematic traffic & content work.

SECTION 06 · 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 07 · STRATEGY

What to do right now

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

- | | | |
|-----------|---|--|
| 01 | Top post of the week — Sunday
Audience most active on this day at 19:00 MSK. | EFFECT
Best window
for important
posts |
| 02 | Increase share of video posts
Video in Telegram retains audience longer & is favored by the algorithm. Aim for 15-25%. | EFFECT
Video retains
audience
better |
| 03 | Systematic traffic buying
Three formats for your media: Inhouse (premium channels), Native (native integrations), Premium (target audience). PromptPress picks sources for your niche. | EFFECT
+1000-3000
subs |
| 04 | Test polls & interactive formats
Posts with polls/reactions usually boost ER by +5-15%.
One poll per week on a hot topic — easy growth lever. | EFFECT
+5-15% ER |
| 05 | Cross-promo with neighboring channels
Swap posts with same-segment channels once a quarter. 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 minutes using public data. Want to go further? Run ads with us and hit your growth plan in a month.

01

Launch ads in Telegram

<https://panel.promptpress.com/register>

02

Contact manager

t.me/PromptPress_manager