

THE TIME IS NOW

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# Portfolio

*The Power of Clear Communication*

DELIVER THE MESSAGE

**Kate Kopiczenko**

Content Creator & Editor, CANVA Designer Translator, Copywriter

kate kopiczenko



# Kate •

*Artistic Soul*

**LOGICAL MIND**

*Kate Kapiczenko*

**Content Creator & Content Writer**

Web & Social Media Content Creator,  
Content Writer, Copywriter, Email  
Marketing & Translator constantly  
developing new skills and abilities.

## **EDUCATION**

*University has taught me  
Self-Discipline*

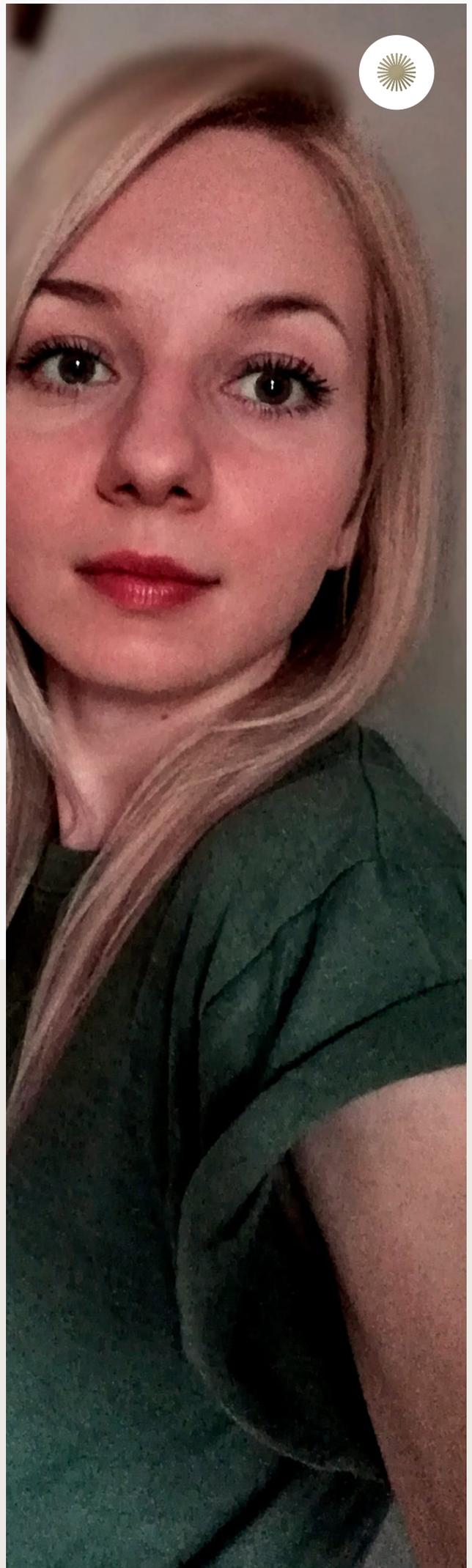
**Bachelor's degree in European Languages  
and Cultures**

The University of Modena and Reggio Emilia  
(UNIMORE), ITALY

**Bachelor's Degree in Theater Arts**

The Jagiellonian University Cracow, Poland

The other things I've learned while living my  
life outside my comfort zone.





# ABOUT ME

Hi, I'm Kate. I'm a content creator and content writer (English, Italian, Polish, French) who uses the power of imagination and her natural talent to deliver a clear message in the form of a text, image, or video.



*What is the best-case scenario?*

**the one that you're creating right  
now**

*Kate*



I don't believe in motivation, because it's just a feeling. And like every other feeling, it's not constant. I don't waste time, energy, and effort to create something that is temporary just to feel extremely disappointed when it disappears...

I have a different approach, and it's called intentional action. In order to achieve a goal, and realize a project I look for inspiration, do a brainstorming session, plan the main steps and I put myself in motion.

I never wait till I'm ready because I strongly believe that the best ideas are born in a slightly chaotic environment.

kate kopiczenko

# my journey

I have an artistic soul and a strong belief in sharing a message. And because writing has always been a passion of mine I decided to turn it into my career. My journey started during my Bachelor's Degree in Theatre Studies. My goal was to become a Theatre Critic & Reviewer. I reached that goal but soon after my life took a significant turn and I moved to Italy to learn the language and discover what "il bel paese" has to offer to me.

To improve my Italian I took another University course in Modena (the land of Lambrusco and tortellini). While pursuing my Bachelor's Degree in European Languages and Cultures in Italy, I also embarked on a career as a copywriter.

I dedicated myself to studying communication in various languages, with the aim of connecting with people from different countries. And the rest is history.

## **THEATRE CRITIC & REVIEWER**

Excellent writing skills, including the ability to craft engaging, insightful, and unbiased reviews.

## **LANGUAGE & CULTURAL MEDIATION STUDIES**

Professional linguistic and cultural mediation for commercial and service businesses. Develop promotional projects and advertising campaigns for international/multilingual audiences.

## **SOCIAL MEDIA CONTENT CREATION**

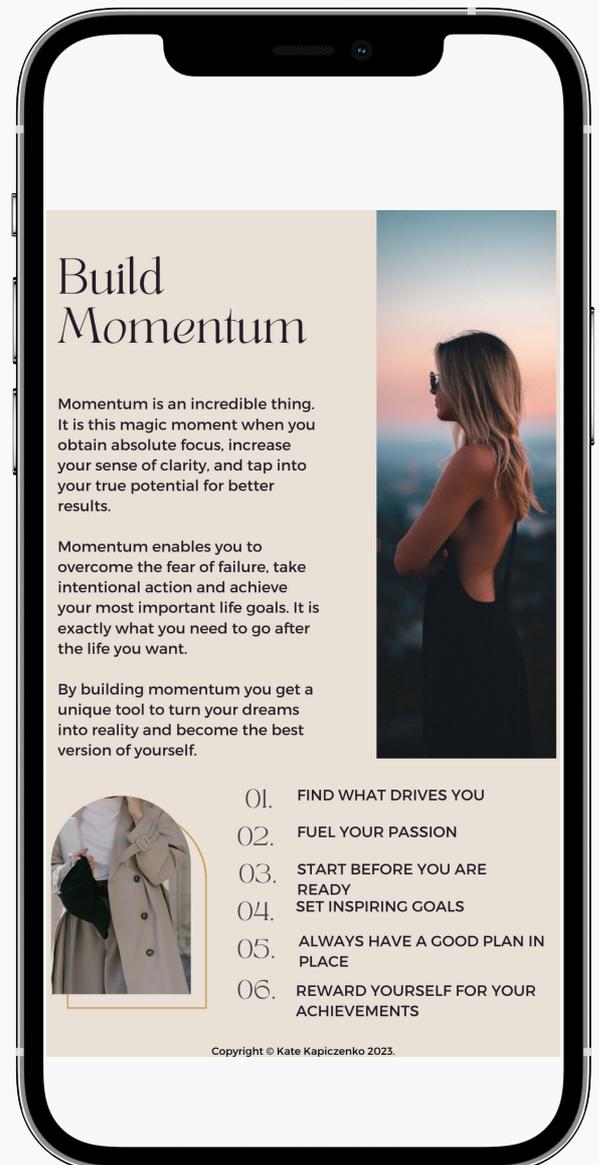
Planning and executing social media strategies, creating and publishing content to a variety of platforms such as Instagram, Twitter, Facebook, LinkedIn, TikTok, and interacting with their communities and audiences.

## **WEB CONTENT CREATION**

Develop ideas and produce material and content that links a brand or business to its target audience. Delivering clear and inspiring messages in a form of text, image, video.

## **COPYWRITER & CREATIVE WRITING**

Creating and editing original, interesting, and inspiring copy that is accurate, well-researched (SEO), and meets client/company needs and deadlines.



# copywriter

*They say that copywriting - the art of persuasion and selling emotions.*

*Me, I've been mastering the art of persuasive copywriting to evoke emotions and drive action for years. I believe I discovered a secret to influencing others to excellence, to intentional action, and to success. And I'm using some powerful techniques for selling through words... but shhh*



**EVERYTHING**

### STARTS IN THE HEAD

Everything starts in your head so matter where you are. Your mental well-being is far more important than you can even imagine. A good mental state allows you to make good choices, stay focused on your top priorities, face and overcome challenges in life with confidence or even find more enjoyment in your everyday life.

Therefore it is vital that you take care of your mental well-being, and of all the best ways to do that is to go on A STRICT MENTAL DIET.

The purpose of mental dieting is to boost your confidence, increase your mental focus, accomplish your most important goals faster, overcome your mental blocks, build psychological resilience, accelerate your success, improve your relationships with others, and strengthen the most relationships in your life - your self-relationship.

If you're interested in taking control of your mindset, transforming your life, and becoming who you were born to be, a strict mental diet will help you achieve these goals. So the real question is, are you ready to go on a strict mental diet?

If your answer is yes, then continue to read this post to discover 10 simple hacks to boost your mental well-being by going on a strict mental diet.

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## 7 Rules

The Ultimate List of Complexly Free Things To Bring More Mindfulness Into Your Daily Life

A 30-day mindfulness challenge - 30 activities (tools & strategies) that reduce stress and anxiety, increase focus, boost productivity, decrease distractions, improve health and wellbeing, improve your mood, and increase happiness. Doesn't it sound great?!

- 01 Make it SIMPLE
- 02 Make it FUN
- 03 Be KIND to Yourself
- 04 If you don't like some activity don't force yourself to do it, just pick another one
- 05 Track your progress - write down your thoughts, observations and ideas
- 06 Celebrate all your achievements because they bring you closer to success
- 07 Remember that this 30-day mindfulness challenge is about self-improvement not about being perfect

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The possibilities are unlimited

### THOUGHTS

All the possibilities already exist within the Universe just in a different state of matter in the non-physical realm. Everything you want right "here" and right "now" already exists in a different shape or form in a parallel reality, in a different timeline.

Everything that you can possibly imagine is already there since the beginning of it all. Your only task is to bring it to the physical realm of your reality. And the most powerful tool to do that you already have - it's your mind, or more precisely your thoughts.

### CREATE REALITY

“ If you want to find the secrets of the universe, think in terms of energy, frequency and vibration - Nikola Tesla ”

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### BENEFITS OF STRICT MENTAL DIET

1. Increase self-awareness
2. Developing a powerful mindset
3. Design your life with mindfulness
4. Redirect your focus on what adds value to your life
5. Tap into your true potential
6. Unlock your creative power
7. Develop positive thinking patterns
8. Improving your mental focus
9. Switch timelines when you choose to do it
10. Achieving your most important goals quicker
11. Raise your frequency which makes manifestation easier and faster



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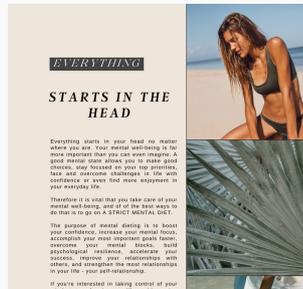
- SEO copywriting with the aim of captivating your audience and driving conversions.
- Creating content for websites in English, Italian, and Polish
- Writing a clear, concise copy for ads and marketing materials.
- Creating and proofreading texts for online marketing campaigns
- Producing high-quality and SEO-friendly content
- Planning and implementing marketing campaigns
- Writing an engaging copy for social media platforms, such as Facebook, Twitter, and Instagram.

# creative writing

Creative writing the art of using storytelling to educate, convince attract attention.



**AUDIENCE**  
*identify*

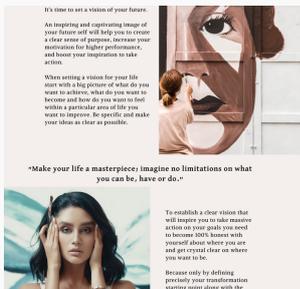


**GOAL**  
*a message*

short story

personal letter

play



**LANGUAGE**  
*convincing*



**STORY**  
*inspiring*

script

speech

essay

Dive into the world of creative writing with me. Suspend the logic and open your mind to the breathtaking experience of unrestrained imagination. I will take to to the places you didn't even know existed. So take a deep breath because your life is about to change irreversibly.

and unlock your storytelling potential. Learn essential techniques and bring your ideas to life on paper.

I'm delving into the realm of creative writing while cultivating my storytelling skills combined with my natural talent to bring ideas and mind pictures to life through writing authentic pieces of work.

Using the power of words to touch people's souls and hearts...

# blog posts

## Neuron

“What you desire is already yours. It already exists just in a different shape or form in a parallel reality, in a different timeline. So your “only” task here is to make a quantum shift to a parallel timeline where you can actually enjoy the thing you desire so much.

Or more simply, you need to raise your vibration to match the frequency of what you want and the Universe will have no choice but to deliver it to you. It’s the fundamental law of the quantum field that we live in. It’s physics, not magic. (...)”

[READ MORE ON MY WEBSITE](#)



## Dreams

“Your potential, your inner power, your personal strengths, and your ability to achieve your deepest dreams are limitless. They're all limitless. The only limitations that exist, exist in your mind only.

There's literally nothing that could stop you from achieving your goals except you, your self-limiting beliefs, your irrational fears, your bullsh\*t negative thoughts, and worst-case scenarios for all occasions that you have already created in your mind and you keep on replaying them in your head all the time. Do you see where I'm going with this? (...)”

[WWW.NEURONDREAMS.LIFE](http://WWW.NEURONDREAMS.LIFE)



“Limitations live only in our minds. But if we use our imaginations, our possibilities become limitless.”

— Jamie Paolinetti

# translation

## 7 cultural mediation

Lost in translation? I will help you to find the way out.

> To Foreignize or to Domesticate? I know the ANSWER!

> Combining cultural mediation and intercultural expression in both professional and personal life with an aim to deliver a clear message.

> Adapting marketing materials for a target audience in a different language to increase brand awareness, create interest, generate sales

> I offer my services to help entrepreneurs grow their buyer base by adding translations.

> I help you grow your own business so you can focus on your clients more.



*Translation is a meaning making process*

## LANGUAGES



ENGLISH

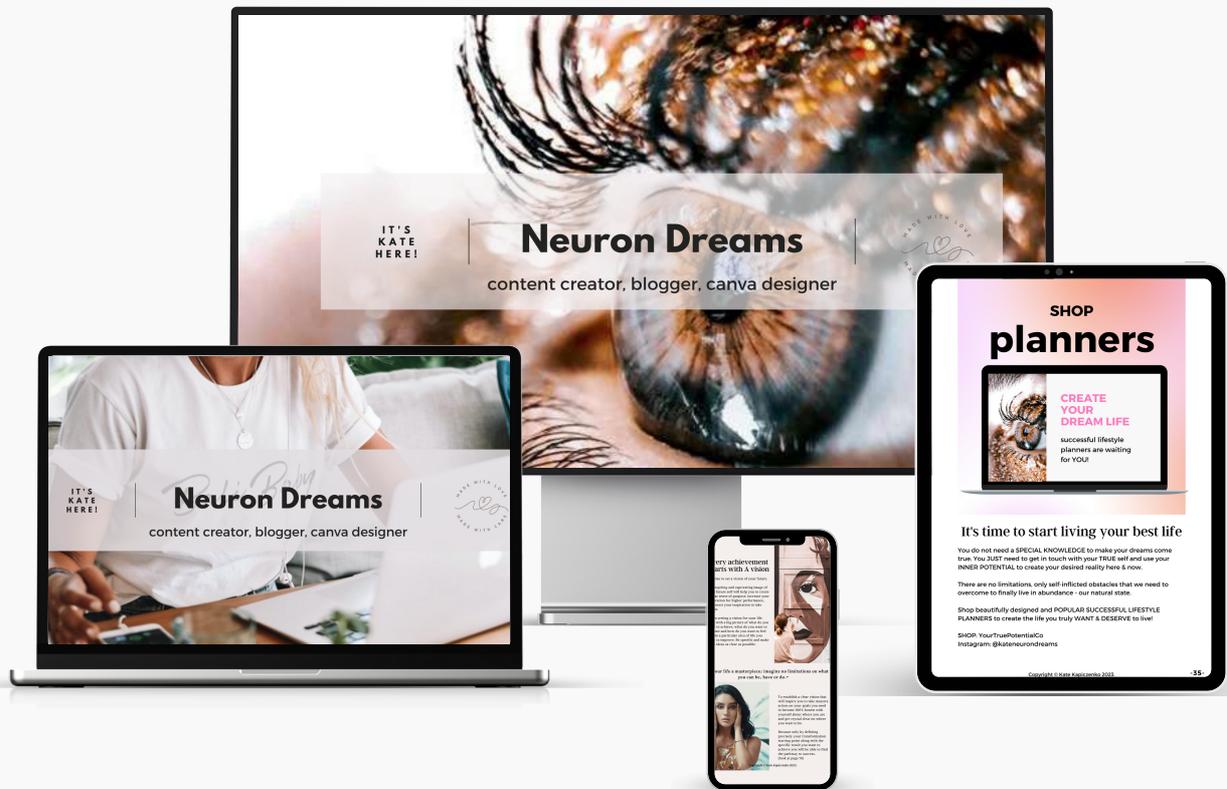


ITALIAN



POLISH

# website creation



## ELEMENTOR PRO

- Creating professional websites effortlessly using Elementor
- Crafting visually captivating and fully-functional webpages
- Building your dream website and elevating your online presence today so you can sleep peacefully!
- Building a simple, intuitive, and dynamic digital piece of art

CHECK:  
[WWW.NEURONDREAMS.LIFE](http://WWW.NEURONDREAMS.LIFE)

# web content CREATION



- > I'm a driven, detail-oriented content creator who produces high-quality outputs for our business.
- > I offer my services to help entrepreneurs, bloggers, and social media influencers grow their online presence through organic reach.
- > I develop ideas, create and edit material and content that links a brand or business to its target audience.
- > I help others grow their brand so they can focus on their clients more.

THE POWER OF  
INSPIRING MESSAGE

*Dear self,*  
Focus on you,  
your *actions*, and  
your life.  
*you got this! xo*

# social media

## CONTENT CREATOR

researching and turning content ideas into videos, images, infographics, and text captions.

**A PICTURE IS  
WORTH A  
THOUSAND  
WORDS**



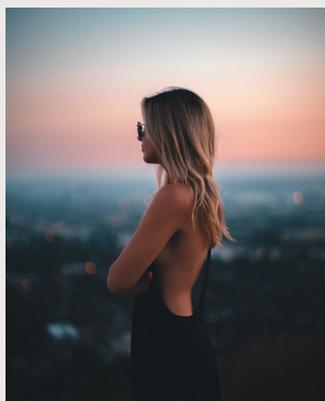
YOURCOMPANY.COM

I help you grow your own social media presence/business so you can focus on your clients and personal life more!

creating high quality, original and inspiring content

applying social storytelling in order to create a great brand's story.

evoke specific impressions, to attract desired reader, audience, customer





# CANVA designer

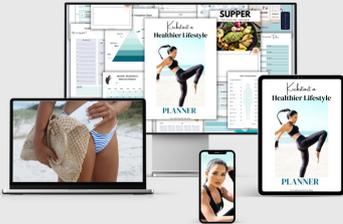
DESIGNS ON DEMAND



I **CREATE** visually compelling and original designs for various publishing materials, including ebooks, planners, workbooks, guides, cheat sheets, social media posts, newsletter templates, media kits, brochures, business cards, resumes, posters, restaurant menus, and many more.

# digital products

## Healthy Lifestyle *planner*



*shopnow*

## EBOOKS, PLANNERS, WORKBOOKS ON DEMAND

I create original, inspiring and life-changing digital planners, workbooks, ebooks

**DIGITAL**

## SUCCESSFUL LIFE *bundle*



*shopnow*

## HIGH-QUALITY, ORIGINAL & LIFE- CHANGING BUNDLES

I create and bundle digital products so that you can sell multiple items together as one package and earn more money more quickly

**UNIVERSE**

## ACHIEVEMENT *bundle*



*shopnow*

## HIGH-QUALITY, FULLY EDITABLE CANVA TEMPLATES

I create an editable template on Canva so you can save your time, money and energy

**potential**

# CANVA templates



*Dear self,*  
Focus on **you**,  
your **actions**, and  
your **life**.  
*you got this! xo*

## CANVA GODDESS

### RESUME



Professional clean CV resume template design with a photo that you can easily customize in CANVA

### MEDIA KIT



Popular, professionally made, and beautifully designed FULLY Editable in Canva INFLUENCER MEDIA KIT

### NEWSLETTER



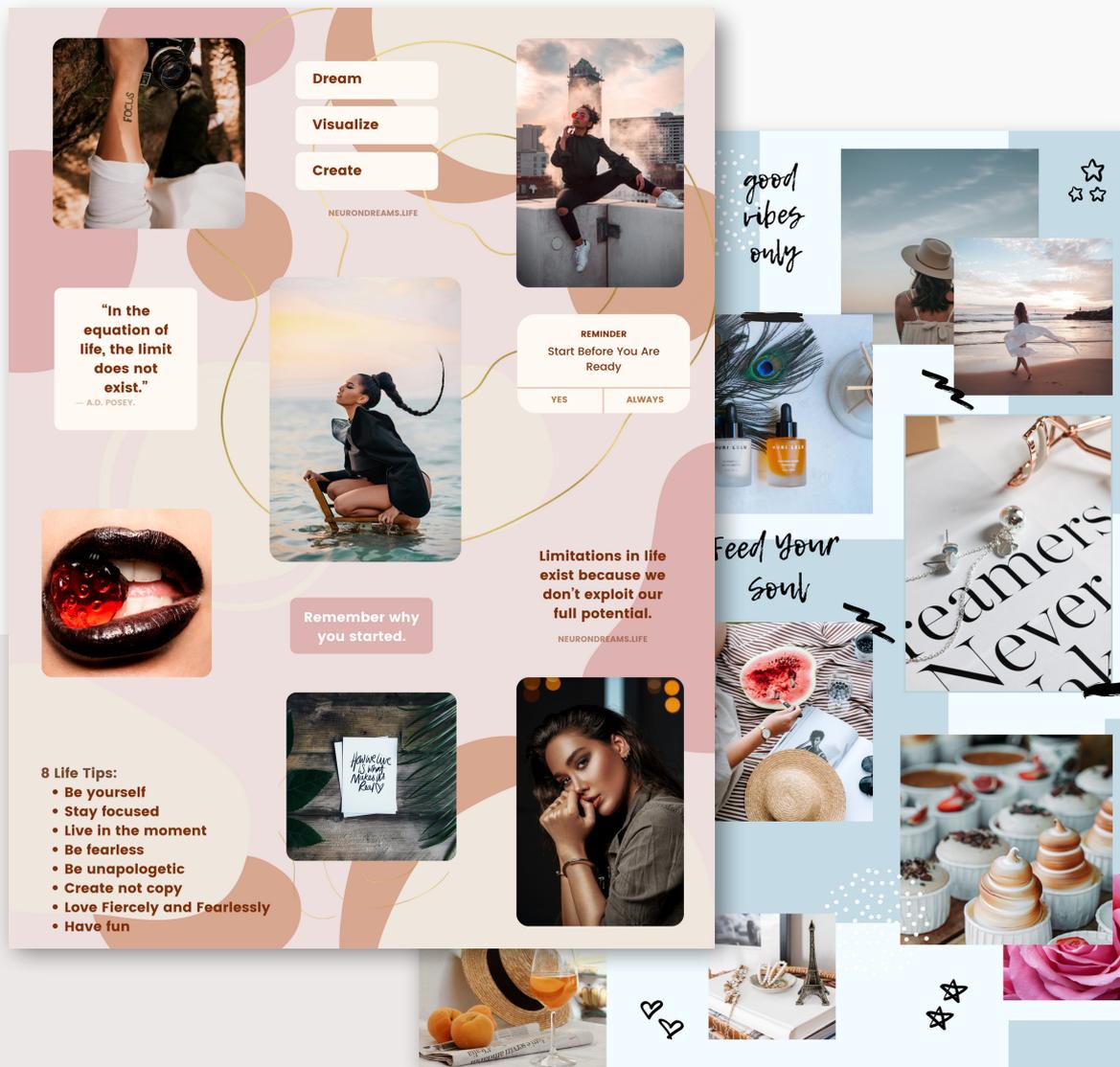
beautifully designed FULLY Editable EMAIL MARKETING NEWSLETTER TEMPLATE BUNDLE (all in one!)



# photo collage

CREATING and optimizing photo collages for social media and print

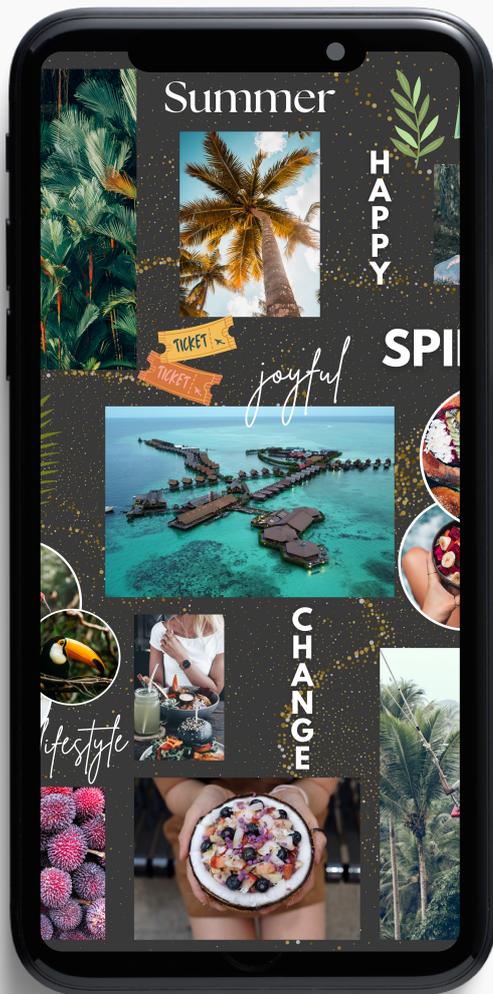
Transforming your Instagram photos into captivating collages effortlessly and with passion. Make your feed stand out through beautiful, shareable memories.



IMAGINATION

# Newsletter

Copywriting



## Engaging

unleashing the power of compelling newsletter copy to captivate your audience



## Concise

writing newsletter content that's concise, focused, and keyword rich



## Memorable

crafting memorable copy that captivates your audience.

Do you want to discover how I master the art of writing captivating newsletter content that keeps readers coming back for more? And if you have a bit more time I will show you the right tools to unlock the secrets to higher click-through rates! Cheers!

NEWS NEWS NEWS

IT'S  
KATE  
HERE!

# Neuron Dreams

content creator, blogger, canva designer



# neuron dreams

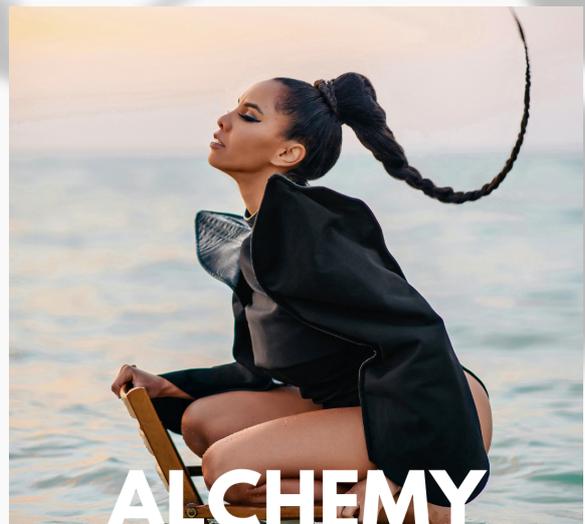
## combine logic and magic

NEURON DREAMS is the platform I created (as a blogger, MINDSET coach & and conscious creator of my own experience) to share my knowledge about personal development, living your best life, and manifesting your dreams into your current 3d reality.

You will find ARTICLES explaining how to use your personal power and innate ability to manipulate the energy of the quantum field so that they can achieve what they WANT in this lifetime. Plus, plenty of FREE planners, workbooks, and challenges that will help you to uplevel your life.

[www.neurondreams.life](http://www.neurondreams.life)

created with Elementor PRO





# modern alchemy

“It all began with a dream, a captivating vision of the life I genuinely desired. The issue was, I was unsure how to transform this vision into actuality.

Then, in 2018, I discovered the Law of Attraction, igniting my journey to comprehend the workings of the universe.

I sensed that life had more to offer than just going through daily routines and challenges. I had an irresistible intuition that the Universe presents countless possibilities in the present moment, and it's up to us to choose and manifest the one we desire. Though it may sound like magic, it's not.

You don't require any specialized knowledge to make your dreams a reality. You simply need to connect with your authentic self and tap into your inner potential to shape your desired reality here and now. There are no limitations, only self-imposed barriers that we must overcome to finally dwell in abundance, which is our innate state.

So the real question is: Are you ready to live in an abundance state?” **(ORIGINAL TEXT WRITTEN BY KATE)**



↪ **Kate is creating original content on her platform NEURON DREAMS**

# Strict Mental Diet



## WORKBOOK

regain your personal power to achieve your deepest dreams

NEURONDREAMS.LIFE



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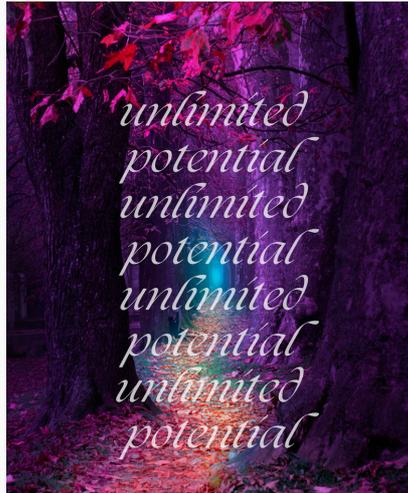


IT'S TIME FOR A

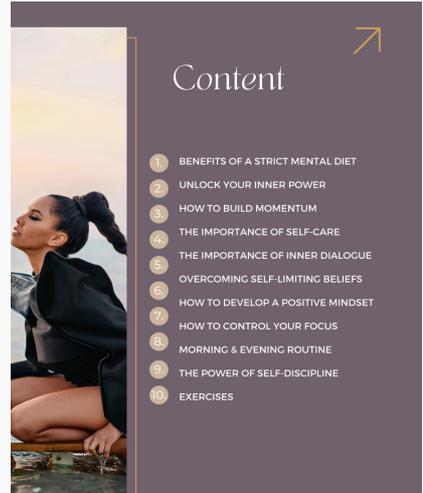
# STRICT MENTAL DIET

NEURON DREAMS

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unlimited potential  
unlimited potential  
unlimited potential  
unlimited potential  
unlimited potential



## Content

1. BENEFITS OF A STRICT MENTAL DIET
2. UNLOCK YOUR INNER POWER
3. HOW TO BUILD MOMENTUM
4. THE IMPORTANCE OF SELF-CARE
5. THE IMPORTANCE OF INNER DIALOGUE
6. OVERCOMING SELF-LIMITING BELIEFS
7. HOW TO DEVELOP A POSITIVE MINDSET
8. HOW TO CONTROL YOUR FOCUS
9. MORNING & EVENING ROUTINE
10. THE POWER OF SELF-DISCIPLINE
10. EXERCISES

# A N O T H E R D I M E N S I O N



EVERYTHING

## STARTS IN THE HEAD

Everything starts in your head no matter where you are. Your mental well-being is far more important than you can even imagine. A good mental state allows you to make good choices, stay focused on your top priorities, face and overcome challenges in life with confidence or even find more enjoyment in your everyday life.

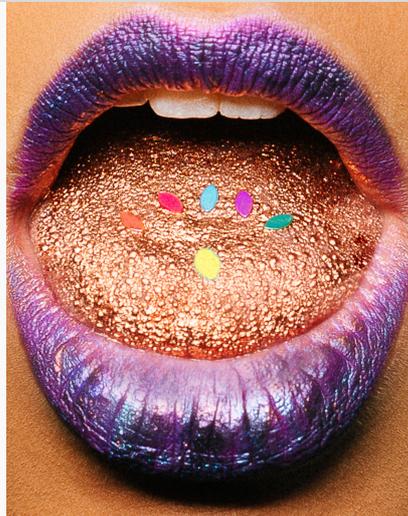
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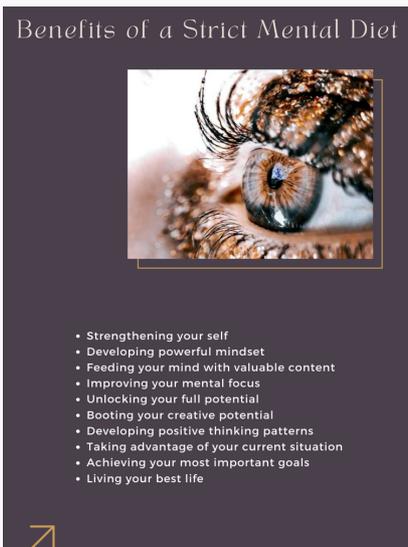


BENEFITS OF

## STRICT MENTAL DIET

1. Increase self-awareness
2. Developing a powerful mindset
3. Design your life with mindfulness
4. Redirect your focus on what adds value to your life
5. Tap into your true potential
6. Unlock your creative power
7. Develop positive thinking patterns
8. Improving your mental focus
9. Switch timelines when you choose to do it
10. Achieving your most important goals quicker
11. Raise your frequency which makes manifestation easier and faster

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## Benefits of a Strict Mental Diet



- Strengthening your self
- Developing powerful mindset
- Feeding your mind with valuable content
- Improving your mental focus
- Unlocking your full potential
- Boosting your creative potential
- Developing positive thinking patterns
- Taking advantage of your current situation
- Achieving your most important goals
- Living your best life



## CHANGE TIMELINE consciously



## SHOP planners



### It's time to start living your best life

You do not need a SPECIAL KNOWLEDGE to make your dreams come true. You JUST need to get in touch with your TRUE self and use your INNER POTENTIAL to create your desired reality here & now.

There are no limitations, only self-inflicted obstacles that we need to overcome to finally live in abundance - our natural state.

Shop beautifully designed and POPULAR SUCCESSFUL LIFESTYLE PLANNERS to create the life you truly WANT & DESERVE to live!

SHOP: YourTruePotentialCo  
Instagram: @kateneurondreams

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# work with me

thank  
you

- Web Content Creation (high-quality and SEO friendly)
- Content Editing
- Translation & Cultural Mediation (English, Italian, Polish)
- Copywriter (English, Italian, Polish)
- Online Marketing Campaigns
- CANVA designs social media templates
- CANVA digital products design
- Social Media Content Creator (posts, descriptions)
- Sponsored Blog Posts
- Content Marketing
- Digital Marketing
- CMS – WordPress
- Elementor, SEO Experienced
- and many more!

Kate



**create**



kate kopiczenko