

Beat: Lifestyle

## Katarina Popovic Angel of Adversity

### Tall Poppy Syndrome Cuts Popovic

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**USPA NEWS** - According to the Oxford Dictionary 'Tall poppy' and 'Tall Poppy Syndrome' are well-attested Australianisms and refer to a tendency in Australian society to try and cut down people who are considered to be too successful or prominent (cutting the tall poppies down to size). Australians generally don't like others to do too well, or (to use another popular Australian term) to "big-note" themselves. The first evidence for tall poppy in Australian records dates back to 1871 and occurs in a newspaper story about the Chief Secretary of the colony of Victoria taking the "tall poppies" into government. The term continued to be used in Australia into the twentieth century to describe conspicuously successful people, but evidence suggests that these tall poppies were frequently viewed with envy and even resentment. "When media attack people for being successful or trying to be successful its NOT OK" , said Australian Bikini Model, Brand Ambassador and Humanitarian Katarina Popovic. I managed to nail this amazing woman down for an exclusive interview for USPA24.

You have been seen all over Australia of late on fashion , fitness and social pages wearing amazing couture. Tell me what is happening in your amazing life as a fitness and fashion model? "Oh theres plenty! Im excited to be a Brand model for Miss Athena's Closet a Fashion label in Sydney, recently have been shooting with Moroccan Treasures new product range due to be launched soon (and its AMAZING), Rockwear Clothing, BeeFirm NRG "" healthy drink loaded with honey (yummmm). I'm all over the social pages and its been a humbling experience attending charity events such as the Men In Black Ball to fight mens depression and of course as an Ambassador for Happiness Co promoting a really great 21 day program providing tools for to those that struggle with day to day challenges", smiles Popovic.

I asked Popovic how old she was when she first started modelling and who has been her inspiration? "My Fitness Modelling started in 2014 after facing some personal stumbling stones I rebuilt my life by changing those 'Stumbling Stones' into 'Stepping Stones to Success', explained Popovic who went on to say,"I turned to fitness training which led me to compete and become a huge passion of mine. Health and Fitness is a huge priority of mine as it should for everyone. One day I will meet Ashley Kaltwasser 3 times 'Ms Bikini Olympia' she is a huge idol of mine. I mean how could you not love her?"

I asked Popovic about the reaction of her friends and peers on 'Social Media' and if she experienced any negativity?

"Oh absolutely you will get some 'Haters' out there and 'Tall Poppy Cutters', however the majority of my Followers , Fans and friends have been positive and look to me as a 'Social Media Influencer'. When you consistently focus on having a healthy mentality towards fitness and your wellness - Stay Positive , being the best version of you, I feel people will take to that and support that too". Smiled Popovic as she winked.

I have noted that when I google your name an article about an incident in Malaysia over five years ago ranks first but when I read the article it seems to have very little about you or your involvement would you like to say anything about this as it must feel like a personal attack from the journalist?

"It saddens me that some journalists can speak to this level of muckraking journalism to cause personal harm, criminal defamation, innuendos causing personal grief and financial hardship these past 5 years living in Perth. When I apply for jobs and when people google me, the way journalists have painted me in the past can't escape me. I'm not the person that Joseph Catanzarro or Gary Adshead portrayed me as in their hearsay articles. The matter is now in the hands of solicitors and regulatory authorities and now the Australian Press Council. I'm moving forward and am very happy to still have the support of branded companies that don't believe in muck rake journalism", explained Popovic.

Moving forward in a positive direction has been inspirational for many who have watched your journey. What new exciting projects are you working on now? "There are some amazing fitness brands, and a swimwear brands that I'm currently in discussion with along with my fitness routines that have been formulated with my 74 year old trainer Dr Roy Gilbert where we operate from REVO Fitness Northbridge . My routine originated from the preparation of Ballerinas bodies for international Auditions. My Weights , Holding,

Isometrics and Pulsing Routine (Whip Routine) is now altered for everyone to utilize and I will be launching this in the near future and yes I'm incredibly excited to introduce it to the public".

Popovic went on to say, "Empowering women is something very dear to my heart especially those that have been inflicted with mental and physical abuse in the past and find it a struggle to move forward from such trauma. I have been blessed to have met some amazing women on my path that are aligned with this issue and there are some GREAT things that will be happening".

If you were to offer advice to upcoming models what would it be? "Be you no matter what. There is nothing more beautiful than a woman being authentic and raw. When you love you, the skin you're in and treat yourself with kindness "" confidence shows and you shine like an Angel", said Popovic.

I asked Popovic about her views on the perfect body image and what advice she can offer to young girls?

"When you look in the mirror, love and accept you. There is no such thing as perfect. You can be any size and be beautiful. The standard is what you accept to be the best version of yourself. If it's a size 6 or a size 16 what ever size it is and you're happy OWN it".

Gabriel Garcia Marquez once said , "In journalism just one fact that is false prejudices the entire work. In contrast, in fiction one single fact that is true gives legitimacy to the entire work. That's the only difference, and it lies in the commitment of the writer. A novelist can do anything he wants so long as he makes people believe in it". .. We wish you well in your positive endeavors Ms Popovic, it was an amazing afternoon with you and the United States Press Agency ... Namaste

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