

PROFILE & MINISTRY PORTFOLIO

Miss Adedayo Adeniji

Author, Spiritual Poet & Creator of the Awakened Resilience Platform and the S.O.F.T.
System

The Core Mission

Transforming perceived human vulnerability and sensitivity into divine spiritual strength through faith, literature, and guided frameworks.

Meet Adedayo (Dayo)



Author, Empath Guide & Poet

Miss Adedayo Adeniji, widely known as Dayo, is a British author, spiritual poet, and creator of the *Awakened Resilience* initiative. With a foundation in Applied Biology, her intellectual curiosity evolved into a deep spiritual journey.

Dayo has dedicated her voice to serving spiritually sensitive souls, intuitives, and empaths, guiding them to recognize that sensitivity is not a flaw to manage, but an original, sacred aspect of the human condition meant to be anchored in God's grace.

Awakened Resilience

A Sanctuary for Empaths

Awakened Resilience was established as a refuge and roadmap for those overwhelmed by emotional absorption and feeling misunderstood by the world.

Through spiritual literature and targeted coaching, the platform reframes vulnerability into purposeful fortitude rooted in Scripture and divine intimacy.



The S.O.F.T. System



S — Self-Criticism

Unraveling harsh inner judgment and inherited guilt by actively surrendering to God's unfailing grace and compassion.



O — Overwhelm

Releasing energetic overload and sensory exhaustion by remaining open to divine containment and quiet renewal.



F — Feeling Misunderstood

Bridging the internal depth with external isolation through steadfast faith in God's perfect validation.



T — Turning Inward

Shifting from external approval to the quiet inner sanctuary where divine wisdom and resilience actively reside.

Published Literary Portfolio



Déjà Vu, God Loves You: Not Impossible: Her inaugural work establishing the foundational message of persistent divine love across life's unforeseen paths.



Why Question Jesus: A reflective poetic exploration addressing the profound theological and existential questions believers often hesitate to vocalize.



Your Weakness Can Be Your Strength: Grounded in 2 Corinthians 12:9, this volume demonstrates how human limitations become conduits for divine grace.



Awakened Resilience (The Book): Her forthcoming flagship publication dissecting the spiritual condition of mankind originating from Adam and Eve.

Literary Body of Work

214+

Archived Spiritual Poems

A Prolific Creative Archive

Alongside her published books on Amazon, Dayo maintains an extensive library of over two hundred spiritual poems archived across family literature communities.

Her poetry translates complex emotional states into lyrical prayers, addressing grief, joy, spiritual awakenings, and encouragement for sensitive believers seeking comfort.

Core Philosophy

"What the world calls weakness is not weakness at all, and the answer to sensitivity is spiritual before it is anything else."

— Miss Adedayo Adeniji

The S.O.F.T. Transformation

Pillar	Core Human Struggle	Spiritual Principle	Transformative Outcome
S — Self-Criticism	Internalised inadequacy and condemnation	Surrender to Divine Grace	Unshakable self-worth in Christ
O — Overwhelm	Sensory and emotional overload	Receptivity to Divine Peace	Calm emotional boundaries
F — Misunderstood	Alienation and feeling unseen	Faith in God’s Design	Confidence in unique depth
T — Turning In	Seeking validation in worldly noise	Abiding in the Holy Spirit	Grounding in divine authority

Creative & Ministry Avenues



Broadcasting & Speaking

Featured in conversations with broadcaster Kate Delaney and actor Logan Crawford, sharing spoken word and spiritual insights.



Personalised Poetry

Crafting bespoke poetry and commemorative pieces for milestones, memorials, weddings, and personal healing.



Empath Mentorship

Direct mentoring through the S.O.F.T. Starter Guide and coaching programs designed to anchor sensitive individuals in faith.

Milestones & Creative Journey



Questions & Dialogue

Empowering sensitive souls to turn vulnerability into spiritual strength.

 awakenresilience.co.uk

 dayolovespoems.com

 Amazon Author Central