



Abidemi Adewumi Aderinto

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I am Abidemi Adewumi Aderinto, born October 10, 1969. A graduate of Political Science University of Lagos, 1990. Also known as Blissfulabi. I believe that each of us is a wonderful and unique person. And I work with individuals to realize their best self, and to live their best life: one rich in fulfilment, happiness, and harmony using the power of their emotions.

My journey started when I decided I wanted more out of life than the emotional rollercoaster I had been experiencing, which was also common to most.

I am a certified EQ, CBT and Happiness coach. Over the years I have worked with people to help them gain emotional clarity and balance.

Then set up my organization Blissful Unlearnings after I learned how to be authentic (talk about late blooming) and gotten my certifications in Emotional Intelligence, therapy, Cognitive Behavioral Therapy and coaching in happiness. I decided to help people align with their authentic selves. We have done this through series of trainings, classes and seminars.

At Blissful Unlearnings, we are certified to practice, teach and assess emotional intelligence. It is our firm belief that through lifestyle coaching and emotional mentoring, we can unlearn and uninstall psychologically unempowering traits and habits, and instead, relearn and reinstall empowering ones. Emotions should not be eliminated or minimized, but educated and controlled. A rich emotional life helps us to know better the world, respond more adequately and fully to it, act better, and be happier. The objective in the education of the emotions is not to repress them as much as possible, but rather to educate them so that in each occasion we respond with the emotion which is objectively appropriate to the circumstances and at that level of intensity which is required and justified by objective reality.

I am an Emotions City graduate and a member of the Six Seconds Network. Was a member of Midnight Therapy: a free therapy program set up by the Emotions City to make therapy available to those who couldn't afford the services but seriously needed it. We have released numerous videos to assist people with gaining emotional balance and to learn to live life on their own terms.

My major tools are meditations, visualizations and affirmations.