



WELLNESS COUNSELLING

Renewed Mind

A warm, unhurried space to breathe, be heard and begin again — with Lerato, your counsellor.

Renewed Mind Wellness Counselling is a calm, confidential practice built on warmth and respect. Whether you are carrying stress, grief, change or a story you have never said out loud, you are welcome here — exactly as you are.



In person & online · a quiet room with two olive green chairs, soft light and all the time you need

Lerato Wosu



I'm Lerato Wosu, a Registered Specialist Wellness Counsellor (ASCHP) with a background in healthcare and psychology. My passion is helping people navigate life's challenges with compassion, understanding, and hope.

Before becoming a counsellor, I spent over 15 years as a Medical Technologist in Human Genetics, where I developed a deep appreciation for the connection between physical and emotional wellbeing. I hold qualifications in Biomedical Technology, Psychology, and Psychology Honours, and I also serve as the practice manager of a specialist physician's practice.

As part of my counselling training through Counselling Matters, I completed intensive theoretical training followed by supervised client counselling, equipping me with practical experience in supporting individuals through a wide range of personal challenges.

My approach is warm, client-centred, and evidence-informed. I strive to create a safe, confidential, and non-judgemental space where you can feel heard, supported, and empowered to move forward. For clients who desire it, I also offer counselling that thoughtfully incorporates Christian faith and values.

I look forward to walking alongside you as you take the next step toward healing, growth, and renewed hope.

“You do not have to have the words yet. Come as you are — we will find them together.”

Counselling Services

Emotional & Wellness Counselling

A steady, confidential space to unpack what you carry and reconnect with your own sense of balance.

Stress & Anxiety Support

Practical, gentle tools to quiet a racing mind, ease overwhelm and restore calm to your everyday.

Life Transitions & Personal Growth

Support through change — career, relationships, identity, seasons — so you move forward with clarity.

Trauma Support

Paced, compassionate care that honours your story and helps the nervous system feel safe again.

Self-Esteem & Confidence Building

Rebuild a kinder inner voice and step into your life with worth, boundaries and quiet confidence.

Faith-Informed Support

Counselling that welcomes your faith and values, integrating them into your healing when you wish.

How it begins

01

Reach out

Send a short message about what you're facing.

02

Free intro chat

A 15-minute call to see if we're a good fit.

03

First session

We begin gently, at your pace, in your words.

LET'S TAKE THE FIRST STEP

Reach out to book a session or ask a question — you will always get a kind reply.

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SESSIONS

In person & online