

Student Counsellor: Rens Platteel-de Clercq (Wittenborg External)

Get to know Rens



I am RENS. I use my name as an acronym for 'Realize Everyday is a New Start'. I am a coach/counsellor, married for 25 years and mother of 4 young adults. I have loved working with people for many years and my goal has always been to get the best out of myself and others.

This inspired me to become a certified coach followed by becoming a qualified integrative breath therapist. Three years ago, I started my own practice. I am currently attending a course for Family/Systemic Constellation.

As a coach/counsellor, I offer guidance and mental support when exploring limiting thoughts, expressing suppressed feelings and solving various problems.

It is helpful, sometimes even necessary, to talk to someone about, for example, emotional resilience and (disappointing) study results, expectations versus reality, language barriers and cultural differences or integration and personal connection (with an emphasis on loneliness). Using one's own skills and competences in dealing with these issues results in better self-awareness, more self-confidence, acceptance, focus, balance and a renewed ability to thrive.

Let me be somebody who helps you get through times of doubt, stress, anxiety or fear. I'm a good listener, compassionate, open minded and I can give you simple hands-on tools that you can easily apply in everyday life.

I'll be at WUAS on Tuesdays (alternating mornings/afternoons) and you are welcome to visit.

Rens Platteel-de Clercq