

Facilitator Profile



Facilitator name

Refiloe Skosana

Title

- Learning Facilitator and Content Developer
- Registered Counsellor

Education

- Bachelor of Psychology (Hons) - Eduvos

Work experience

- Clinical Specialist - Lyra Southern Africa
- Managerial Specialist - ICAS
- Specialist NSC Clinician - ICAS
- EAP Telephone Clinician - ICAS
- Life Skills Counsellor - Nokuphila Community Services
- Workshop Facilitator - Leeuwkop Correctional Services & Weskoppies Psychiatric Hospital
- Trauma Counsellor - Midrand SAPS & Teddy Bear Clinic

Certifications/accreditations

- HPCSA

Languages

- isiZulu
- English

Areas of expertise

Special interest in

- Organisational enhancement
- Behavioural risk management
- Trauma counselling
- Managerial development
- Gender-based violence
- Psycho-educational training
- Suicide prevention
- Depression and anxiety

About facilitator

Refiloe currently holds a position as Clinical Facilitator & Content Developer at Lyra Southern Africa. She has been practicing in various settings and has a passion for mental health, which has been displayed across the various positions that she has held.

Her current role involves facilitating discussions around crucial topics related to holistic wellbeing, organisational enhancement for workplace wellbeing, as well as employee and leadership development which aims to provide awareness and upskilling opportunities.

Refiloe has a specific interest around communication and conflict resolution in personal and professional relationships.

"Nothing can dim the light that shines from within." Maya Angelou