

Your Guide to Our Coaching Topics

One-to-one video call social communication coaching for individuals with ASD and those with social communication differences, aged 13+.

SLEducation delivers a programme where communication skills are actively practised in real-life situations through improvisation and structured practice. Sessions combine explicit teaching with live improvisation practice and a written feedback report within 48 hours.

Below are example sub-topics for each of the six coaching areas — **these are just some of the most popular**, and this is not an exhaustive list. For a full list of topics, contact info@slededucation.co.uk.

Social Communication

Building blocks of everyday interaction.

- 1 Tone of voice
- 2 Eye contact
- 3 Facial expressions
- 4 Conversational turn-taking
- 5 Active listening signals
- 6 Starting a conversation
- 7 Ending a conversation politely
- 8 Staying on topic
- 9 Reading body language
- 10 Repairing misunderstandings

+ more topics available

Job Interviews and Workplace Readiness

Professional scenarios practised with confidence.

- 1 Preparing for interviews
- 2 Answering interview questions
- 3 First impressions and greetings
- 4 Workplace small talk
- 5 Workplace etiquette
- 6 Navigating meetings
- 7 Giving and receiving feedback
- 8 Managing workplace conflict
- 9 Professional emails
- 10 Asking for help at work

+ more topics available

Dating and Relationships

From first signals to lasting connection.

- 1 Recognising signals of interest
- 2 Navigating online dating
- 3 Moving to in-person dating
- 4 First date conversation
- 5 Consent and boundaries
- 6 Online dating safety
- 7 Healthy conflict resolution
- 8 Recognising red flags
- 9 Expressing affection appropriately
- 10 Ending relationships respectfully

+ more topics available

Available for ages 18+

Independent Living

Practical skills for everyday confidence.

- 1 Personal hygiene
- 2 Asking for help
- 3 Managing a household
- 4 Budgeting and money management
- 5 Grocery shopping and meal planning
- 6 Using public transport
- 7 Handling appointments
- 8 Problem-solving unexpected situations
- 9 Personal safety awareness
- 10 Building daily routines

+ more topics available

Managing Life at University

Social and practical demands of student life.

- 1 Shared living
- 2 Ambiguous social invitations
- 3 Managing unstructured time
- 4 Asking for support at university
- 5 Making friends
- 6 Sensory overload on campus
- 7 Communicating with tutors and staff
- 8 Managing deadlines and workload
- 9 Handling group work
- 10 Coping with homesickness and change

+ more topics available

Executive Functioning Skills

Strategies that support daily independence.

- 1 Organisation strategies
- 2 Time management
- 3 Breaking down goals
- 4 Planners and reminders
- 5 Managing transitions
- 6 Prioritising tasks
- 7 Avoiding procrastination
- 8 Self-monitoring progress
- 9 Managing distractions
- 10 Building flexible thinking

+ more topics available

Course Options and Pricing

Every session is one-to-one and fully tailored — choose which sub-topics to focus on from the six areas above, or a mix of several.

Short Course

5 sessions of your choice

HKD 3,000

A focused introduction to core skills.

Full Course

10 sessions of your choice

HKD 5,500

Broader, in-depth progress across multiple topics.

Prices shown in Hong Kong Dollars (HKD) — conversion to your local currency is available on request.

How Enrolment Works

- 1 Free Consultation**
Book a free 20-minute video call to discuss your goals, ask questions, and find out if SLEducation is the right fit.
- 2 Self-Assessment**
Before your first session, you will complete a short Self-Assessment so Michelle can understand your communication style and priorities from your own perspective.
- 3 Parent/Carer Observation Form**
Where applicable, a parent or carer completes an Observation Form, adding an outside perspective that helps shape a tailored plan.
- 4 Choose Your Course**
Select the Short Course (5 sessions) or Full Course (10 sessions), and choose which topics and sub-topics to focus on.
- 5 Begin Sessions**
Each session opens with explicit teaching of the skill, then moves into improvisation-based practice led by Michelle, before you receive a written feedback report within 48 hours.

Sessions are approximately one hour — 35 minutes of explicit teaching and 25 minutes of live improvisation practice — delivered entirely online via video call and available worldwide.

What You Get

1:1 Live Coaching

Every session is one-to-one, adapted to your goals and pace.

Feedback Report

A written summary of progress within 48 hours of every session.

Fully Online

Delivered by video call and available worldwide, on a schedule that suits you.

Resources

Presentations and self-study materials included to reinforce learning.

About Your Specialist

Michelle, SLEducation

Michelle is a specialist in ASD and social communication, with over a decade of international education experience. She holds a BA (Hons) in Drama, a Post Graduate Certificate in Education, and a Master's degree in Special Education with a focus on autism spectrum disorders. She continues her professional development with training in CBT, PSHE (Personal, Social, Health and Economic education), and Makaton, and holds up-to-date safeguarding training from The National College. SLEducation was founded to bridge her drama training with specialist autism expertise, delivering a programme where communication skills are actively practised through improvisation rather than memorised responses.

Ready to get started?

Book your free, no-obligation consultation to discuss your goals and find the right topics for you.

info@slededucation.co.uk | www.slededucation.co.uk | calendly.com/slededucation-info/new-meeting