



SERVICES GUIDE

One-to-one ASD and ADHD support

Online sessions for teens and adults (13+) with ASD, ADHD or both. Skills are explained clearly, then practised live.

One-to-one

Fully online

Ages 13+

Written report after every session

1. WHAT I OFFER

Two types of session

ASD sessions

Social communication and life skills

- Conversation, tone of voice and body language
- Job interviews and the workplace
- University life and living independently
- Dating and relationships (18+)

All ASD topics: [page 2](#)

ADHD sessions

Executive function support

- Starting tasks and procrastination
- Planning and time management
- Impulse control (the Stop-Think strategy)
- Organisation and managing emotions

All ADHD topics: [page 3](#)

2. EACH SESSION

Learn it, practise it, keep it

ABOUT 40 MINUTES

1. Learn

One skill, explained clearly and literally, with CBT-informed, evidence-based strategies.

ABOUT 20 MINUTES

2. Practise

Real-life scenes, acted out live with Michelle. Improvisation, not scripts.

WITHIN 48 HOURS

3. Keep

A written feedback report on progress, for the individual and their parent or carer if relevant.

3. COURSES AND PRICES

Three options (same prices for ASD and ADHD)

Option	Sessions	Best for	Price
Short Course	5 sessions	The most important skills first	HKD 3,000
Full Course (ASD) Extended Course (ADHD)	10 sessions	More skills and more progress	HKD 5,500
Ongoing Support	1 session at a time	Practice after a course, or one goal such as an interview	HKD 600 per session

Prices are in Hong Kong dollars (HKD). Other currencies are available on request. Parents can also add a 45-minute Parent Strategy Session.

Choose topics from one area or mix several. These are the most popular topics; more are available on request.

Social Communication

Everyday conversation

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

Job Interviews and Work

Getting and keeping a job

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

Dating and Relationships

Safe and healthy relationships

1. Recognising signals of interest
2. 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. Showing affection appropriately
10. Ending relationships respectfully

Ages 18+ only

Independent Living

Everyday practical skills

1. Personal hygiene
2. Asking for help
3. Managing a household
4. Budgeting and money
5. Shopping and meal planning
6. Using public transport
7. Handling appointments
8. Solving unexpected problems
9. Personal safety
10. Daily routines

Life at University

Social and practical student life

1. Shared living
2. Unclear social invitations
3. Unstructured time
4. Asking for support
5. Making friends
6. Sensory overload on campus
7. Talking to tutors and staff
8. Deadlines and workload
9. Group work
10. Homesickness and change

Executive Function

Staying organised day to day

1. Organisation strategies
2. Time management
3. Breaking down goals
4. Planners and reminders
5. Managing transitions
6. Prioritising tasks
7. Avoiding procrastination
8. Checking your own progress
9. Managing distractions
10. Flexible thinking

How ASD sessions work

Each session teaches one skill and the reasoning behind it, in clear, literal language. The skill is then practised through improvised real-life scenes, so it works in real conversations, not only in rehearsed ones. Courses and prices are on page 1.

HOW TO START

Three steps

1

Free consultation

A 20-minute video call to talk about goals and ask questions.

2

Short forms

A self-assessment, and a parent or carer form if relevant.

3

First session

Choose a course and the topics, then start.

The Short Course covers topics 1 to 5. The Extended Course covers all 10. Individuals with both ASD and ADHD can combine topics from pages 2 and 3.

Short Course · topics 1 to 5

1 Starting tasks

Getting past the wall and starting

2 Planning and prioritising

Deciding what matters and in what order

3 Time management

Making time visible and planning backwards

4 Procrastination

Catching the "I will do it later" thought

5 Impulse control

The Stop-Think strategy, practised live

Extended Course · adds topics 6 to 10

6 Working memory

Keeping instructions and plans in mind

7 Managing emotions and change

Handling frustration and changes of plan

8 Self-monitoring

Noticing when things go off track

9 Transitions

Stopping one activity and starting another

10 Organisation

Systems for belongings, files and tasks

How ADHD sessions work

Teach: one executive function skill per session, with CBT-informed strategies. **Practise:** the Stop-Think strategy out loud in live scenes, then paused and replayed. **Take 2:** replaying a real moment from the week and trying a different response. Sessions are educational support, not therapy. Courses and prices are on page 1.

ABOUT MICHELLE

Michelle is an ASD and ADHD specialist with over ten years in education, including specialist SEN roles. She holds a BA (Hons) in Drama, a PGCE, and a Master's degree in Special and Inclusive Education with Distinction. SLEducation combines drama and special education, so skills are practised through improvisation, not memorised.

Book a free consultation

No obligation. Online, from Macau, Hong Kong or anywhere.

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