ASD Life Coaches

1:1 Life Skills Coaching for Autistic Adults

Serving Autistic and Neurodivergent Adults age 14+ and Families for over 15 Years!

What We Offer

Executive Functioning: time management, organization, prioritization, budgeting
Social & Communication: relationship building, non-verbal skills, nuanced communication
Life Transitions: college, workforce, jobs, career, home life, relationships, routine shifts
Independent Living: daily living, self-advocacy, problem-solving, routine management

Our Approach

Step-by-step coaching for practical, real-world change
Individualized coaching plan - no one-size-fits-all approach
Instill internal motivation and confidence
Role-playing, real-life scenarios, and structured planning



Led by Head Coach Jaclyn Hunt, MA, ACAS Level 2

Advanced Certified Autism Specialist and the pioneer of autism life skills coaching for over 15 years. Author of Life Coaching for Adults on the Autism Spectrum: Discovering Your True Potential

Coaches trained across all neurodivergencies.

Scan for Free E-book!

Free 30-Minute Strategy Call | Virtual & In-Person | Approved : NJ Department of Developmental Disabilities

Book a Free Call
Schedule a Strategy Session

Serving Clients in NJ and Worldwide | www.asdlifecoaches.com