



Supporting your growth as a leader, practitioner and change-maker.



Every day, professionals in health, education, and social care carry heavy workloads and big responsibilities, often leaving little space to pause. That's where South Asian SALT comes in, creating supportive spaces to reflect, recharge, and grow, so you can strengthen your voice, care with confidence, and step into leadership with ease.

The Chai Club

A membership platform helping professionals step into their inner leader with equity, care, and stronger communication.

Join a community that feels like home and values growth, reflection, and collective care.

Visit

<https://southasiansalt.substack.com>



Rooted Reflections

1:1 reflective supervision & coaching rooted in wellness, leadership growth, and clinical insight.

Specialist support in autism, ADHD, mental health, DLD, and stammering is available for professionals across health, education, and social care.

Individual session (60 mins): £120

Block of 4 sessions: £420 (save £60)

Newly qualified/Early career professionals (60mins): £85

Chai Circles

Reflective gatherings (with chai) that blend South Asian arts and care practices with collective conversation, creating space for professionals and communities to connect, unlearn, and reimagine together.

Through Bollywood film screenings, book discussions, creative arts, and wellbeing practices, Chai Circles open space to explore communication, identity, and leadership in new and culturally grounded ways.

Feedback from our Community

"Thanks very much for the space you have created for SLTs/other professionals from South Asian backgrounds. I felt like I've known you forever and you were so warm and welcoming"

"I'm so grateful to have shared this experience with you all. Excited to stay connected and continue this journey together"

"Had the best time, thank you for creating such a wholesome space"