



At Center for BrainHealth, we...

Define | Measure | Improve
the brain's health and performance

Building Social Confidence

Charisma Virtual Social Coaching

Charisma™ is a strengths-based social coaching program for students and adults who are neurodiverse or who struggle when interacting face to face.

Coaching takes place in a safe and engaging curated virtual world, using patent-pending technology.



Forging a Positive Path in Alzheimer's

We offer a holistic approach for people with a diagnosis and their caregivers, as well as the broader community of Alzheimer's supporters.

By focusing on potential and not losing sight of preserved abilities, the right resources can help people move from fear about tomorrow, to empowerment.

The Adolescent Reasoning Initiative™ trains educators and students to understand the developing brain and practice critical thinking and reasoning skills.

The program builds on our proprietary SMART™ methodology.

Educators learn how to improve their own brain health while galvanizing their students' brain power.

Optimizing the Middle School Years



Warriors &
First Responders

**Protecting our
Protectors**

We partner with military and veterans' groups, law enforcement and fire departments to train members in managing responses to stress, building resilience and emotional self-regulation, improving cognitive performance, and boosting well-being.



Valuing our Brain Capital

Brainomics
Venture

The **Brainomics™ Venture** creates a new field of economics to quantify the benefits that better brain health can help us achieve.

An economic case for this positive impact can propel wise decision-making by corporations and policymakers.

Cultivating the Next Generation

The Think Tank is a thriving community of young professionals, entrepreneurs and emerging community leaders who support the BainHealth mission.

Members enjoy networking events and exclusive activities – while contributing advocacy, thought leadership and professional expertise.

| Brain Health at Work

We have 5 early BrainHealthy Workplace pilots underway to enhance agility, resilience and focus, and unlock innovation – and to validate measurable improvement. Employee pulse surveys show promise:

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“Having time and space to focus deeply”

“Capable of handling demands of my day”

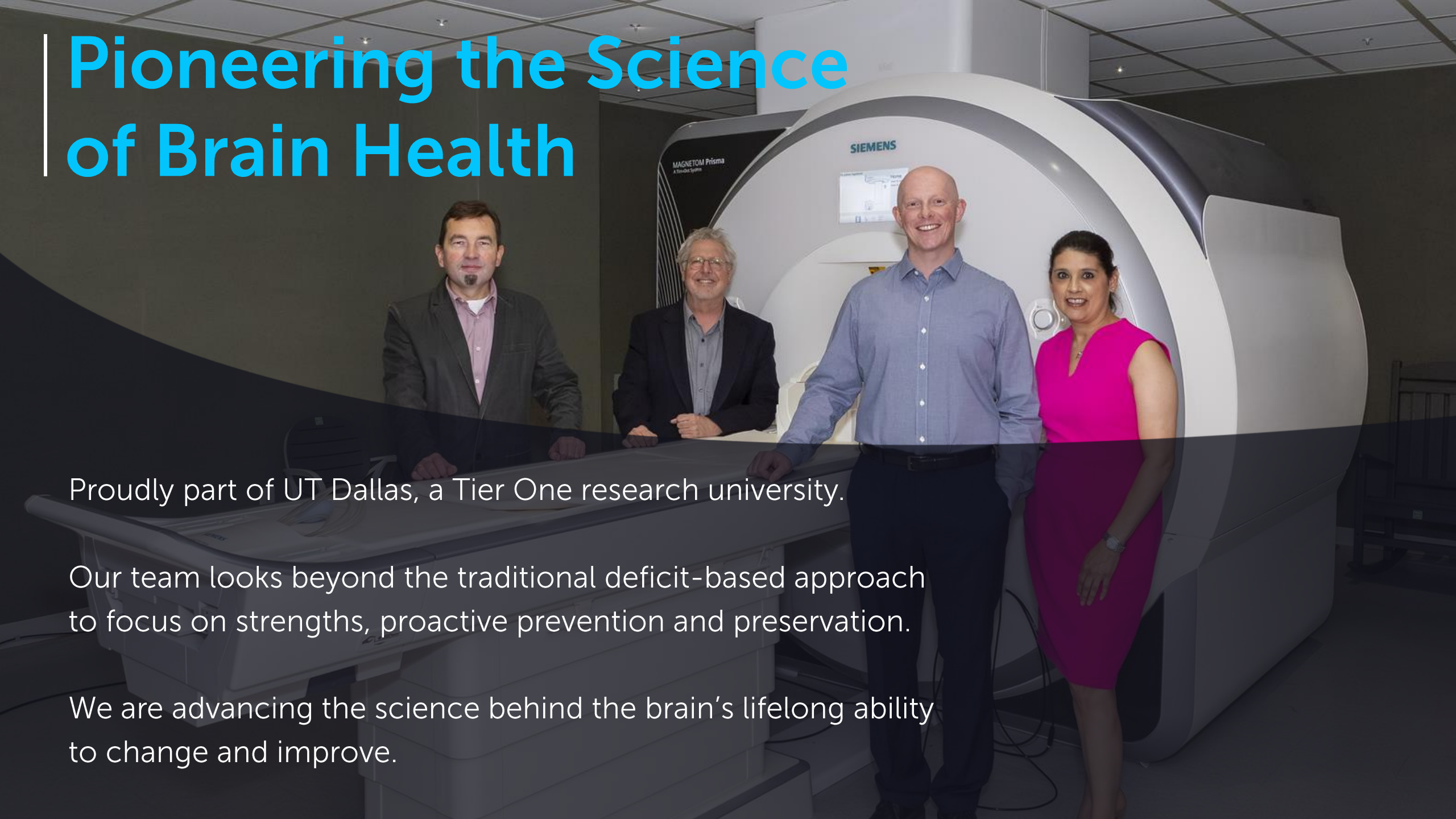
“Reducing distractions to focus on critical tasks”

Pioneering the Science of Brain Health

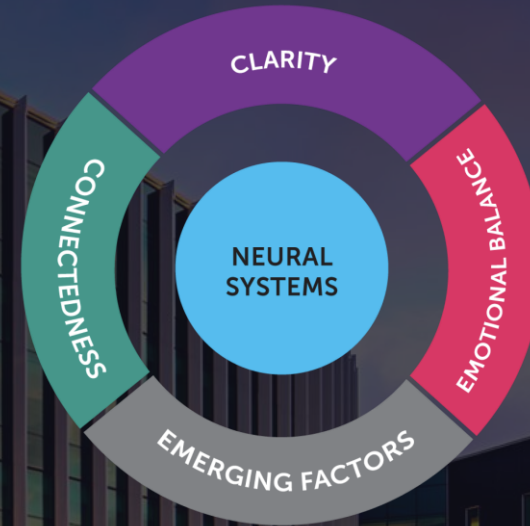
Proudly part of UT Dallas, a Tier One research university.

Our team looks beyond the traditional deficit-based approach to focus on strengths, proactive prevention and preservation.

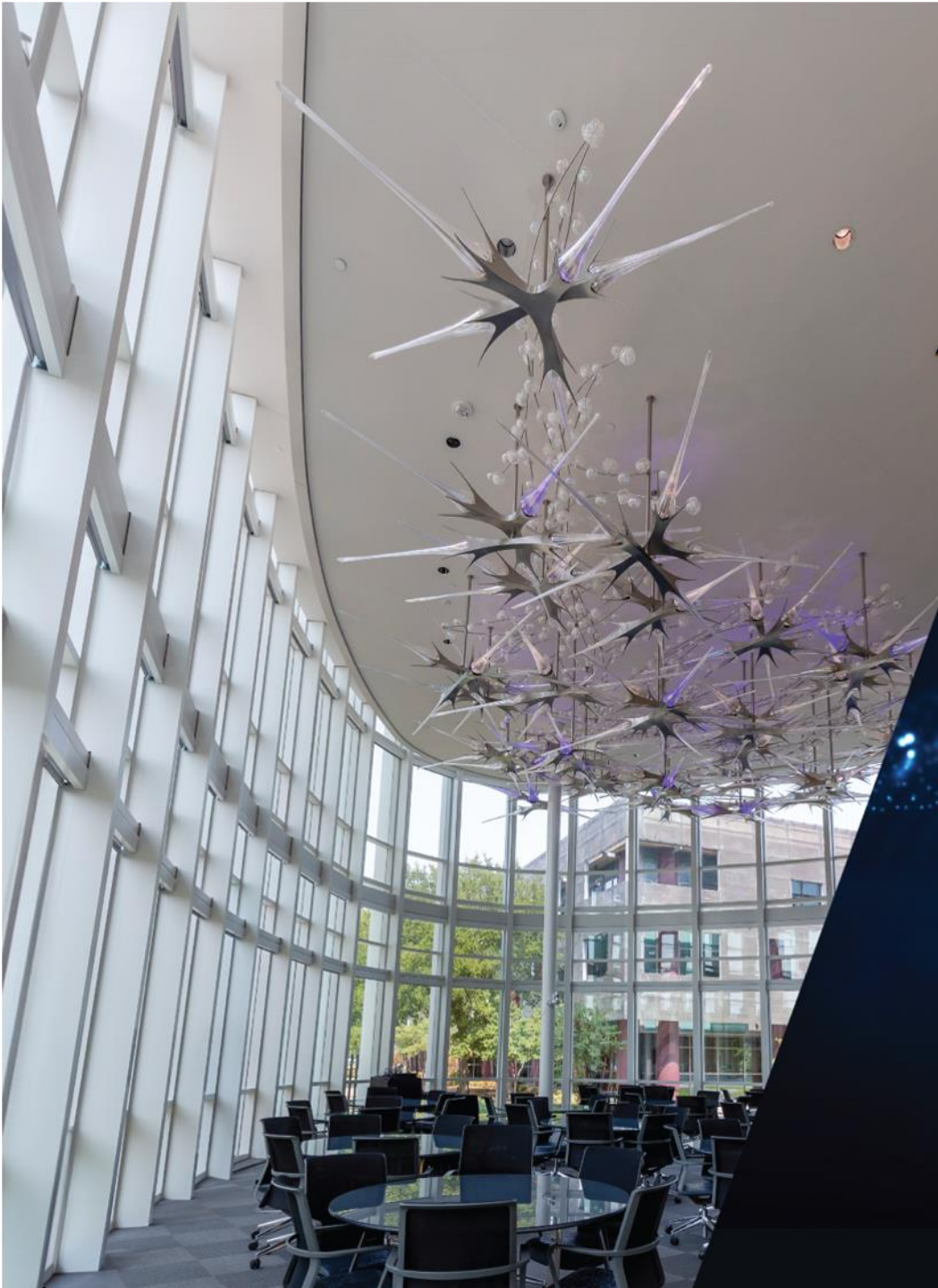
We are advancing the science behind the brain's lifelong ability to change and improve.



Sleep and the Future of Brain Health



Our research is revealing that sleep is a key component of BrainHealth Factors.



25
YEARS



CENTER *for*
BRAINHEALTH®
THE UNIVERSITY OF TEXAS AT DALLAS