

Virtual Social Coaching for the Real World



Cultivate Curiosity and Connection

Enter a virtual world in which you can practice stepping outside your comfort zone with the guidance of a trained Charisma™ Coach. Build confidence and perspective to show up as your most authentic social self in a safe, non-threatening environment.

Charisma Virtual Social Coaching is a personalized, avatar-driven social skill training program. Based on over a decade of research, Charisma combines live, strategy-focused social coaching with in-the-moment practice in a realistic, virtual environment. It's convenient, strengths-based, unscripted training conducted entirely online.

Who can benefit?

Charisma has been proven effective for individuals with autism spectrum disorders (ASD), social anxiety, attention deficit hyperactivity disorder (ADHD), social pragmatic communication disorder, and learning disabilities, as well as those who are gifted and talented, high-achieving, twice exceptional (2E), and those seeking individualized social-emotional coaching.

How does it work?

- There's nothing to download. All you need is a computer with an internet connection.
- Coaching sessions spanning 10 hours are scheduled over 5 or 10 weeks.
- Cost: \$995 for the 10-session training (limited, need-based scholarships are available)

Improve Your Ability To



Initiate
conversations



Maintain
relationships



Develop emotional
intelligence



Manage interpersonal
dynamics



Integrate social skills
into daily life



Get more information or
schedule a consultation at
centerforbrainhealth.org/charisma

Questions? Contact us at
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or 972.883.3400