



CHARISMA

WEEK 1: CHARISMA OVERVIEW

AGE-SPECIFIC MAT CHAT FOR AGES 12+

OPENING DISCUSSION:

“Tell me what your definition of charisma is? (*ask two students to describe in their own words what charisma means*) Explain that charisma means: To have a magnetic personality. In other words, it means that you have the ability to attract other people with your personality because you are funny, respectful, and caring.

Let's try a quick quiz to see if you know how to have charisma:

- **What is the best way to speak in front of a group?**
 - a) To look everyone in the eyes as you speak and smile as much as possible?
 - b) To look at the ground and avoid eye contact as much as possible?

- **What is the best way to have a conversation with others?**
 - a) To be a good listener and show care and consideration for what the other person is saying?
 - b) To interrupt when you want to say something?

- **What is the best way to compliment others?**
 - a) To quickly find something nice to say that you say to everyone?
 - b) To take a little extra time to find something special and unique about the person you are extending a complement to?

FINISHING THE MAT CHAT:

“This week I want you to have as much charisma as possible. Look people in the eyes when you are speaking to them. Be a good listener when others are talking and try to take in what they are saying, and give sincere compliments to other people. You'll notice that a few acts of charisma can go a long way with your friends and family.”