

## **Alyssa-May Pavett – Max Potential, coached on the Road to Success**

My involvement in the personal leadership course, Gosford RSL Max Potential, has led to development within myself. The course involves both year 11 school students and their own personal coach, who is also coached by the developers of the program.

Within this program MAXIMISERS are tools, which focus on the progress within ourselves. Linked with these tools are the 7 F's: Faith, Firm, Finance, Family, Friends, Fitness and Fun. At the beginning of the course our coaches found out what "F" we wanted to focus on and could develop over the 22 weeks that the course ran for. For, me I believed my "Firm", as in school, was an area that needed help. My coach and I developed a study timetable that assisted me with my time management.

Another component that is involved in the Max Potential course is planning and completing a community service project. This could be anything from organising and exercise group to helping children to hold breakfast stalls at your school.



**“What ‘F’ area do you want to succeed in?” Alyssa-May is challenged to think about what she considered success to be**



Alyssa-May Pavett (Left) and her Max Potential coach Kellie Sheehan (Right)

My coach and I have decided that for my community service project (CSP), I am organising for myself and a group of friends to attend a nursing home and read to the elderly as well as talking to them and showing compassion. The nursing home has limited resources so as part of the project, I am running a book donation at school. Hopefully the project ends up being successful and the elderly have something to look forward to.

Thanks to Future achievement Australia and Gosford RSL, Max Potential is a worthwhile program and has assisted me as well as all the other participants.