

Stepping Out of My Comfort Zone with Gosford RSL Max Potential



Ben Musali (Left) and his Coach Colin (Right) at a Max Potential Connect Group. "I am already feeling success in my progress".

For the past few months I have been a part of the Gosford RSL Max Potential program. This program has shown me the sides of life where I can improve by using the "seven F's" (faith, family, finance, firm, fitness, friendship and fun) and it has shown me how to recognize these in my own view. The only way I could become more aware of them was by meeting one on one with my personal coach Colin, who helped me see things more clearly and tried to help me with my everyday life challenges.

Gosford RSL Max Potential has taken me out of my comfort zone, as we have to do activities in connect groups, which we wouldn't normally do, but it makes everyone comfortable with each other. Other things we have to do is to develop a community service project and implement it. Overall I am glad to have signed up with this program and am already feeling success in my progress.