

Overcoming challenges with Gosford RSL Max Potential

What have I learnt through Gosford RSL Max potential? I have learnt a few things about myself. Firstly, I have realised I don't always look at the details and choose to ignore things and hope they sort themselves out. I suppose it's taught me a lot about my weaknesses and how to cope with them. I have learnt that I make excuses and Gosford RSL Max Potential has taught me to move forward and push through in order to get things done. Gosford RSL Max Potential has been a big challenge for me in lots of ways and sometimes I have felt like giving up. It has added extra work to my more than busy life, but at the same time it has taught me how to balance things more.



Bree (Left) and her Max Potential Coach Kerry (Right).

I have learnt a lot about time management and how to use my time in better ways. I have learnt to stay on track and keep on top of things. If I start to go off track, I have learnt how to space things out. I would recommend Gosford RSL Max Potential because doing a Community Services Project is rewarding and I am looking forward to doing mine and meeting the elderly people I am making blankets for. I think people can really learn a lot from the Gosford RSL Max Potential program. It's good to have someone to help you through it and I really look forward to my coaching sessions with my coach.