

Caleb Seal – Max Potential Makes Things Happen



“I have had to learn how to keep myself motivated even when you don’t feel like doing something” – Caleb Seal

community. To help us learn how to put these principles into action we have to come up with and plan a community service project. For my project I decided to get a group of friends together to and cook meals for people in our community that are going through tough times such as may be sick, or may have lost their jobs. The project ran successfully and I managed to cook lots of meals.

I have participated in a program called Max Potential. As part of this program I have had coaching sessions with my coach and have gone to connect groups where other people who are participating in the program. The program is run through Gosford RSL club and I would like to thank them for the opportunity they have given me in allowing me to participate in this program.

As part of the program we work through the Maximiser principles these are designed to help us think about how we are able to become successful in life and to help us become leaders in our



Me and My Coach Caleb Seal (Left) and Liam Mann (Right)

The skills that I have learned in participating in the program and from completing my community service project are going to be beneficial to helping me at school and when I get a job. The Maximiser that I was working on to improve was ‘make things happen’ and thought this program I have had to learn how to keep myself motivated even when you don’t feel like doing something.

Overall Max Potential has been beneficial in helping me learn new skills and to help me think about how to be successful