

News → Local News → News → General → How two make a difference

## How two make a difference

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FADIA Al Faris and Latifa Hekmat are two of the keenest people taking part in Max Potential, which is a new youth leadership development program.

Latifa came to Australia from Afghanistan in August 2009. A refugee from Pakistan, she needed help managing her time and increasing her independence.

Enter Max Potential and her coach Fadia, who is a youth project officer in the Service for the Treatment and Rehabilitation of Torture and Trauma Survivors.

For 22 weeks, they spend time together maximising Latifa's potential.

"It is a really good theory and I am enjoying working and getting the best out of the sessions," said Latifa, who is completing her Tertiary Preparation Certificate at Granville TAFE.

"I am learning a lot of new things and how to use them not only for myself, but to pass them on to others."

The general theory behind Max Potential is connecting community leaders with emerging young leaders. It is based on four key words: accelerate, challenge, build and explore.

Fadia, who came from Iraq four years ago, said: "We try to accelerate their potential, challenge them to lift their game, build their 'can-do' attitude and explore their entrepreneurial spirit."

"I hope to learn and gain experience around my thoughts, beliefs and values to help me work on myself and make a difference."



**Thanks, coach:** Fadia Al Faris (coach) and Latifa Hekmat (coachee). **Picture:** Wesley Lonergan

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