

Gosford RSL Max Potential Builds Confidence in local Young Adult

Estelle's new confidence shines

Gosford RSL Max Potential was a positive experience. It allowed me to meet new people and develop goals for the future. Having a Personal Leadership Coach from outside the school enabled me to build a relationship with someone new through a supportive environment. My coach, Odette, listened to my ideas and helped me to formulate goals.

With Odette's help we identified seven goals. The two most significant goals for me related to improving my confidence and increasing my time spent with friends. This has made a difference to my life, which I saw through my confidence in facing Work Placement; a situation requiring me to deal with new people in unfamiliar surroundings. I can see myself now actively engaging with people around me, having the confidence to speak, give opinions and start conversations.



Estelle McLeod (Left) and her coach Odette (right).
"This has made a difference to my life, which I saw through my confidence....."

Outside of school, my relationships have improved with people and friends relating on an equal level with all of them. I see the increase in free time with friends as a relief from studying and the pressures related to school.

I look forward to beginning the next step in undertaking my Community Service Project. I have made contact with a local nursing home, Henry Kendall Village, and am excited about bringing craft ideas and sharing my skills with the residents. This will again build on relationships and through it I am hoping to also develop some valuable friendships.