

# Getting the Most Out of Myself Through Max Potential

Finian Neaves Shares his Max Potential Experience

I am currently participating in the Max Potential Program, which is an initiative striving to assist young leaders in the community to reach their full potential. This program is majorly sponsored by Galaxy Motel and Gosford RSL. To be given the opportunity to be a part of this program is something I am very grateful for. The program consists of 1 on 1 sessions with your own personal coach as well as Connect groups which gives you the opportunity to share your experiences and interact with other students in the program.

The program uses the MAXIMISES principals, a set of guidelines used to help you achieve authentic success, in order to reach your maximum potential and pursue your dreams. During my 1 on 1 sessions I have discussed parts of my life that I needed to improve at for my own personal development. Through these discussion I have tried to integrate the MAXIMISES principal to the best of my ability in order to achieve my own definition of success.

With the help of my coach and the MAXIMISES principals I have developed new skills to motivate and promote self discipline. The casual setting of the 1 on 1 discussion allows for a great learning environment for both me and my coach. I try to make the most of the opportunities that this program provides, and discussing my future and goals with my coach is a rewarding experience.



**Fin (Left) and his Coach Denise. “.....I have learnt a lot in regards to getting the most out of myself”. Finian**

I am currently halfway through the program and have already learnt a lot in regards to getting the most out of myself. I am looking forward to completing the rest of the program, especially the community service project. This project targets everything we have learnt so far from our mentors and ourselves and aims to put it back in a positive way by helping out the community.

I would recommend this program for other young adults in the community who are looking to benefit themselves. The program challenges you to leave your comfort zone in order to achieve your definition of success. Although some aspects of the program are challenging it sets an ideal environment for personal development.