

Gosford RSL Max Potential Helps Monique “March to a Mission”.



Monique (Right) with her coach Jean (Left). “....to grow and change in a way that will best benefit my future”.

I am finding my Gosford RSL Max Potential journey to be a unique and worthwhile experience. I have found every session of this 22 week program that I have participated in so far has been aimed at guiding me into self-awareness, self-belief and commitment. The program is providing me with an opportunity to talk to someone outside of my social group who truly cares about my future and potential and who can provide knowledge and resources to help me improve myself. Sessions with my Gosford RSL Max Potential coach are based around the ‘MAXIMISERS’ principles that are reinforced

throughout the whole program. These principles help me to articulate and pursue my very own definition of success. My coaching sessions single out barriers keeping me from achieving authentic success and let me explore how to overcome them.

Through the program I am also defining my ‘Personal Mission’ or ‘Mission Statement’. This is a concept that relies on recognising and understanding my personal values and beliefs and how I wish to address them in my life. Gosford RSL Max Potential provides an environment where no goal is too large. My coach spends hours listening to and understanding my aspirations for the future and helps me build on these to create long term and short term goals. These goals provide stepping stones, for me as a young adult, to grow and change in a way that will best benefit my future.

I am currently around half way through the program and have already learnt so much about myself. The program has given me direction in my schooling and motivation in my preparation. It has helped me develop habits which enhance my ability to stay motivated, and has provided the help needed to organise my time to do so.

Because I am only half way through the program, I am aware that there is so much more to learn. The program constantly provides me with new ideas, concepts, resources and opportunities to enhance my potential as a young adult. One of these opportunities is the required community service project that is to be planned and completed over the 22 week period. I am excited about this project as it allows me to build on myself by helping others. It provides an opportunity for me to address a need I find prominent in the world around me, and in doing so allows me to find a sense of purpose in the community.

The program also includes 'Connect Group' seminars where I meet with other students participating in the Max Potential program. Glenn Coombs' enthusiasm and commitment towards the program acts as a positive role model for me as a leader. I am excited for what Max Potential has in store for me in the next few weeks with the approaching creative expression and community service project and believe it's an extremely worthwhile program because of the constant development of life skills.