

Max Potential by Paul Valentine

How is Gosford RSL Max Potential making a difference?

It is helping me with public speaking !!. My coach is helping me to “X out the negatives”, which allows me to look at any chance I get to speak publicly, as an opportunity to build up my confidence, not just another boring task. This has shown up recently, when I was asked to do an ad lib speech at the Gosford RSL, about a workshop I attended in January. Even though there was only a group of about 12 people, it still a great opportunity to try out my new public speaking skills. It went splendidly.



Liz (Left) and Paul (right) have formed a partnership, which will help Paul for the Rest of His life.

What do I most enjoy about it?

My favorite part of Gosford RSL Max potential is the Connect Groups - they give a chance to meet up with all the other participants of the program, and see what kinds of things they are planning up for their creative expressions and community projects.

The connect groups are a great opportunity to help me get back on track, if I have gone astray. It is also a great opportunity to meet people with the same interest as me - wanting to develop their character, and build up their confidence.