

A life Changing Experience with Gosford RSL Max Potential

Ever since I began the program, Gosford RSL Max Potential has helped me out in almost every aspect of my life. When I started Max Potential I was a shy, timid young adult. My coach and I set a goal to improve my confidence and to “Achieve Personal Significance”, one of the MAXIMISERS principals, a key part of the Max Potential program.

Just a few months later I have gotten 100% on public speaking assessment tasks at school and spoken to over a dozen strangers to organise a community service project. I think it is obvious the HUGE improvement in my confidence the Gosford RSL Max Potential program, especially my coach Debra, has given me.

Not only were we able to fix a problem that was already noticed, but also Gosford RSL Max Potential has helped me to discover things about myself that still needed improving and helped improve them for me as well. I thought I was great at managing my time before Gosford RSL Max Potential. This year I have gotten more assignments and homework than ever before in my life. Gosford RSL Max Potential added even more work to that load. I also played football and got my first job. I had NO IDEA how to manage my time.



Debra (Left) and Ryan (Right) “.....Gosford RSL Max Potential has helped me out in almost every aspect of my life”.

Gosford RSL Max Potential and my coach Deb have also helped me fix that as well through use of objects such as sticky notes, electronic calendars and reminders I have been able to keep on top of everything and still have a little time to relax (sometimes).

Gosford RSL Max Potential has been nothing but a blessing to me. It has helped me to improve many aspects of my life and it has opened up many doors for me as well. I am sad that this wonderful experience will all be over soon, but I am also very thankful to Glenn Coombs, Debra, Gosford RSL, and everyone involved in the program for this wonderful opportunity. Thank you so much!