

Maximising my Care for Others

Sean's Gosford RSL Max Potential Journey

Gosford RSL Max Potential, wow what an amazing 22 week program that is able to run in this area due to the generosity of Gosford RSL and the enthusiastic coaches who are very generous with their time.

Max Potential is a program that makes you realise your strengths and weaknesses and it helps you to strengthen those weaknesses so that it makes you a better person, and a leader.

I've enjoyed the whole Max Potential experience with the personalised one on one coaching sessions (with my fantastic coach Len Sargent), the connect groups, the creative expressions, and the community service project.

The Gosford RSL Max Potential program has made me realise that everything I do is my responsibility and that if things are going to happen or change, then it is up to me and only me to do so. This was made quite clear to me when I started my community service project, as I not only had to come up with an idea of what I wanted to do, I have also had to organise the whole project.

I would therefore like to thank Gosford RSL Max Potential, for not only making me a more self dependant person, but also a person that 'cares more for others' which was a huge part of my community service project.

I would definitely recommend this incredible program to any student that has a wish of becoming a leader of themselves and those around them.



Gosford RSL Coach Len (Left) and Sean (Right). **“Max Potential has mad me a person who cares more for others’ which was a huge part of my community service project”.**