

# Sharing Skills Through Gosford RSL Max Potential

Over the course of a few months I have participated in the Gosford RSL Max Potential program, a fantastic program building on one's leadership skills, community involvement and creating a strong sense of motivation. Gosford RSL Max Potential has helped me to focus on integrating all of life; spiritually, mentally and physically. Creating a sense of balance between work, school and leisure as each of these aspects are equally important. I am very honored to have participated in the Max Potential program and having a personal coach that is there to listen, show interest in me and give fantastic advice helping me to maximise all of the 7 F's creating a fantastic and fun life style.

Max Potential encourages you to travel outside your comfort zone and try new things, sharing your experiences with others; I am currently sharing my skills of fire awareness with my school community, Central Coast Adventist School. I would definitely recommend then Gosford RSL Max Potential program to anyone interested as it helps to develop oneself and to achieve personal goals. Creating young leaders of tomorrow as you watch participants develop as you join together at each connect group sharing your experiences with each other, challenges you have faced and the most significant being personal achievements.

Max Potential encourages you to express yourself and connect with young leaders who have the same passions and desires as you do.



**Community Coach Gordon (Left) and Siobhan (Right).** "I am currently sharing my skills of fire awareness with my school community"