

Max Potential 2014 to wrap up with showcase tomorrow

By **LAUREN STANFORD** July 31, 2014, 4 a.m.



Young adult Alyxe Jackson and coach Renae Henwood take part in the 2013 Max Potential Showcase. The showcase for the 2014 program will take place on Friday at Club Mudgee.

Over the past eight years, 90 young adults from the Mid-Western Region have put their hands up to become better leaders through the Club Mudgee Max Potential Program.

This year, 15 students from Mudgee High School and St Matthew's Catholic School said yes to becoming better versions of themselves through the 22 week coaching program. What started during the last week of February will come to an end on Friday when Club Mudgee hosts the 2014 Max Potential Showcase from 3pm.

The showcase is a way for parents, schoolmates and interested community members to see the work that each of these bright young adults has put into completing the program over the past few months and the culmination of 22 weeks of hard work, perseverance and stepping out of their comfort zones.

"Each year we try and do things a little different, so there's always something new to see even if you've come along before," Mudgee Max Potential coordinator Fiona Brown said.

Mrs Brown said Max Potential was not about getting things perfect but about learning to live your own life to the best of your abilities no matter what your interests are or what you can achieve.

"It's not about failure it's about learning from failure and trying again," she said.

Max Potential had three main aims that coaches attempt to get across to their young adults throughout the program – setting goals, reflect on mistakes, and learning to keep going to achieve your goals even if you do make a mistake.

"This year has been great as each of the young adults has been encouraged to step outside the comfort zones of their schools and immerse themselves in the broader community," Mudgee Max Potential coordinator Carol Cockerill-Wright said.

Mrs Brown said Max Potential was hoping to broaden their young adult target area for 2015 and reminded the local community that the program is open to young adults between the ages of 16 and 25.

“The program is not limited to high school students and apprentices, TAFE students and young adults who want to become a better them can still apply,” she said.

Anyone interested in becoming a coach – or a young adult participant - in 2015 is encouraged to drop by the showcase and see what will be involved in the program.

“Showcase is the perfect way to find out about Max Potential and ask any questions you may have. There will be past coaches in attendance to talk to and the current coaches and young adults will be willing to speak about their own experiences,” Mrs Cockerill-Wright said.

The 2014 Max Potential Showcase will take place in the Club Mudgee auditorium from 3pm to 5pm on Friday, August 1.