

First timers find their Potential

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July 22, 2013, 4 a.m.



HELPING HAND: Alyxe Jackson and coach Renae Henwood have very similar reasons for enjoying Max Potential.

Alyxe Jackson first heard about the Max Potential program from other students at St Matthew's who had taken part in the program before.

"I wanted to do something to involve myself with St Matthew's more that was also community based. A lot of people from St Matts have done Max Potential before and I thought I would give it a go," she said.

Alyxe was paired with Renae Henwood who became a first time coach with Max Potential after deciding it was a great opportunity for her to increase her leadership skills.

"Working with Alyxe is great, she's really dedicated doing the best she can," Renae said.

Alyxe said working with her coach was really easy and the two of them get along really well as they were able to communicate easily and talks things through enough to work them out.

"It's very time consuming but Max Potential is pretty great," she said.

Although time consuming, Alyxe has found herself organising her life and taking about what she needs to do more since she started Max Potential. This organisation has helped her pull together her Community Service Project - an anti-bullying program for girls in years Seven and Eight.

“A couple of years ago another student in Max Potential held a program for Year Six students. A teacher asked if I would like to hold one for girls in years Seven and Eight and I thought it was a good idea,” Alyxe said.

Working towards making her community service project a reality, Alyxe said that Max Potential had helped her focus and complete tasks instead of running out of steam and not finishing them.

“She’s not shying away from things anymore. Max Potential is all about getting outside of your comfort zone and both Alyxe and I have achieved that,” Renae said.

With the Max Potential Showcase fast approaching, Alyxe said she was looking forward to completing the program.

She said she was going to miss the program because of the people she had met and the way it kept her motivated.

“I guess everything has to end eventually though,” she said.