

Max Potential through Kanandah a highlight for Brea

By **LAUREN STANFORD** July 30, 2014, 4 a.m.



Max Potential young adult Brea Fitzpatrick said she has grown close to coach Min Toovey over the past 22 weeks.

For Brea Fitzpatrick, one of the best parts about taking part in Max Potential was meeting some “lovely people at Kanandah Retirement Village” through her community service project. “Helping out at Kanandah was my first choice when it came to my community service project. I ended up spending three days with the residents volunteering to take part in activities and help with day to day life,” she said.

Brea said one of the most challenging parts of life before Max Potential was being able to balance different aspects like school and work but it was something she was able to do now thanks to the skills she has learnt through the program. “I talked to a few people before signing up who said it would be a great way to improve my leadership skills but Max Potential is so much more than that,” she said.

Brea said focusing on the ‘F Goals’ of fitness, firm and fun had helped her find balance with the three main parts of her life she wanted to work on – getting fitter, finishing her school work and spending time doing activities that she liked. “Max Potential has really helped my organise and prioritise things in my life in a way that I didn’t before,” she said.

The MAXIMISERS – make things happen, internalise all of life, and x out the negatives – have also helped Brea on her Max Potential journey and are something the Year 10 student said she would continue to utilise as she started her HSC next year.

Brea’s Max Potential journey was made just that little bit harder about halfway through the program when admitted to Hurlstone Agricultural High School in Glenfield, Sydney. In true Max Potential style however, Brea rose to the challenge and completed her community service project and meetings with coach Min during weekends home to Mudgee. “It’s been hard work but it’s been worth it,” she said.