

New achievements with Max Potential

By *LAUREN STANFORD*

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Casey Holden was extremely happy to be paired with coach Scott Fittler for her Max Potential journey.

When Max Potential Coordinators Fiona Brown and Carol Cockerill-Wright made a presentation on the benefits of Max Potential to students at St Matthews last year, the reasons they listed really caught Casey Holden's attention.

"I thought it sounded really exciting and my friends encouraged me to sign up for it and I did. It's been really great so far; I'm really enjoying it," she said.

With the program nearly complete, Casey said she has liked working through the program and the way Max Potential has helped her focus and set goals throughout her everyday life.

"Max Potential has really helped me achieve things I hadn't been able to before in both my school and personal life," she said.

As well as reaching her full potential, Casey has also been able to meet and interact with a whole range of new people, from members of the local community to students from Mudgee High School.

"I like that I can meet new people who are on the same journey as I am or who are helping us on our journey," she said.

One of the new people Casey has met on her Max Potential journey is her coach, Scott Fittler, with whom she is extremely happy to have been paired.

“Working with Scott is really fun but we do get quite a lot done,” she said. “He’s helpful and insightful and makes me work to the best of my ability.”

Casey will be working to the best of her ability on her Community Service Project, which she is hoping to have planned and executed over the coming few weeks.

“I’m planning a workshop called ‘The Inside Image’ and it’s a program for 12 year olds who are headed into high school next year to help them with self-esteem and body image,” Casey said.

The idea came to her after she remembered taking part in a similar workshop when she was younger.

“I’m hoping it will benefit the girls coming into high school,” she said.

Casey said that without Max Potential she would not be taking the time out from the stresses of everyday life to find meaning and understanding in her world.

“I’m kind of glad that it’s ending so I can see if I can continue with the principles I’ve learnt but I’m also going to miss the group and the experience,” Casey said. “I have a different outlook on my life in the way I approach school and my personal life now and it’s all because of Scott and Max Potential.”