

Coaches connect at Max Potential dinner

By LAUREN STANFORD

Past and present Max Potential coaches gathered at Club Mudgee on Monday night for the third annual Coaches Connect Dinner.

The night gives coaches the chance to share their stories with other coaches, members of the community, and Club Mudgee board members.

"There's a wealth of knowledge in the room, a wealth of support. It's great to share some stories that we've been a part of over the years," Max Potential Co-ordinator Fiona Brown said.

During the night, coaches were presented with research compiled over the past four years that explored the longer term effects on the lives, leadership, and community engagement of the young adult participants.

"The study showed the young adults had achieved things they didn't think they could achieve," Max Potential founder Wayne Deeth said.

"What the research wanted to find was that if you take away the coach, if you take away the energy of the group sessions, does anything stick in the long run? And it does. The numbers are breathtaking, and way beyond our expectations," Mr Deeth said.

In keeping with the Max Potential program, the night also included a learning opportunity on motivation from Mrs Brown.



Former Max Potential co-ordinator Carol Cockerill-Wright, Lyn Crossingham, Bill Crossingham, Max potential founder Wayne Deeth, Max Potential coaches Lauren Stanford and Viv Rooke, and Mudgee High School deputy Principal Jim Browning spoke motivation, making things happen, and long term impacts at the Max Potential Coaches Connect dinner on Monday night.

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Mrs Brown spoke about motivation and how it is needed in our everyday lives in order to achieve the goals we have selected to succeed.

She spoke about sparking

motivation (ambition and expectancy), sustaining motivation (attention and effort), and amplifying motivation (attitude and environment).

"Everyone has the potential for

motivation. But people need to experience what motivation looks and feels like in order to unleash its full potential," Mrs Brown said.

During her speech, Mrs Brown

also spoke about coaching for motivation and how the coaches in the room could use the techniques spoken about to motivate their own young adult into succeeding during Max Potential.