

Mudgee Max Potential reconnect as a group to share journey so far

Sam Potts



RE-CONNECT: Max Potential's young adults and coaches re-grouped at Club Mudgee for the first time since the introductory workshop.

The young adults and coaches of Max Potential 2018 reconvened at Club Mudgee recently for Connect Group 1, as they shared their journey so far.

[Max Potential is an annual leadership development program](#), which also has a focus on the local community.

Max Potential program manager, Fiona Brown, said that the group are already getting the benefits of working towards a goal and that sharing their challenges with a group is also a valuable exercise. "It's when the young adults reflect on how far they've come so far," she said. "They're starting to work on their goals, but what they're really starting to understand is what it means to have a goal and commit to taking some action towards achieving it. "And through the 'Maximiser' principles, they start to get an understanding of what are the things in their life that hold them back from achieving.

"It's also an opportunity to work on success principles in a group and share their learning with each other. "While we all think that we're doing stuff on our own we have a lot of things in common, like some of the things we all face - such as not having enough time or resources. "And there's internal things like self doubt and lack of confidence."

Guest speaker was Peter Druitt who was a coach several years running and he continues to support the program. "He came to talk about his personal success story and offer some tips for the young adults and coaches based on his experience over the years," Fiona said.

Connect Group 2 is on May 25.

In the meantime they'll continue to work on their goals and putting together a personal expression piece in order to share their changes with the group. As well as formulate a plan for their community service projects.

At the next Group they'll also talk about comfort zones and what it's like to step out of them.

"Because when they're doing their community service project they're outside of their comfort zone and that's where they're meant to be – that's where learning happens," Fiona said.

Club Mudgee is the major program partner and venue for group sessions.