



Troy Grant MP was guest speaker at the Max Potential Connect Group 2.

# Final connect group before MP showcase

## MAX POTENTIAL

THE participants of Max Potential 2018 will now head their separate ways and continue their own journeys to the showcase on August 3, after their second and final Connect Group last Friday.

Program manager, Fiona Brown, said the theme was to explore getting out of your comfort zone.

"We started with an activity which gave everyone an opportunity to feel what it was like to be out of your comfort zone," she said.

"And explore what that means in regards to how willing you are to step out of that space and what you need to do to be able to get out of your comfort zone.

"Things around confidence and understanding of what's possible."

They also presented a personal expression piece in order to share their changes

with the group.

And Fiona said this took on a number of different creative forms.

"The young adults all shared a personal expression piece, which was for them a way to creatively share what they were learning about themselves in Max Potential," she said.

"A couple shared their personal expression through artwork, one did a video of her horse riding which was a demonstration of her stepping out of her comfort zone.

"One of the young adults cooked a meal with the ingredients being a metaphor representing what ingredients you need to develop success.

"As well as what is the method and the outcome."

Special guest speaker was member for Dubbo Troy Grant, who shared some of his journey from regional NSW, to policing, to politics.

The key piece of advice he had was "always be honest with yourself".

"You've got to know in your heart what's right and you've got to believe in yourself," he said.

"One of the biggest thing is understanding who you are, and understanding the strengths you have and how they can best be used in the environment you're in.

"Personally I live my life - without exception - with hard work, honesty and integrity. And I won't compromise those three things."

Each young adult will continue to meet with their coaches and work on their own personal goals and develop and deliver their community service projects.

Club Mudgee is the major partner of the annual leadership development program and venue for group sessions and the showcase.