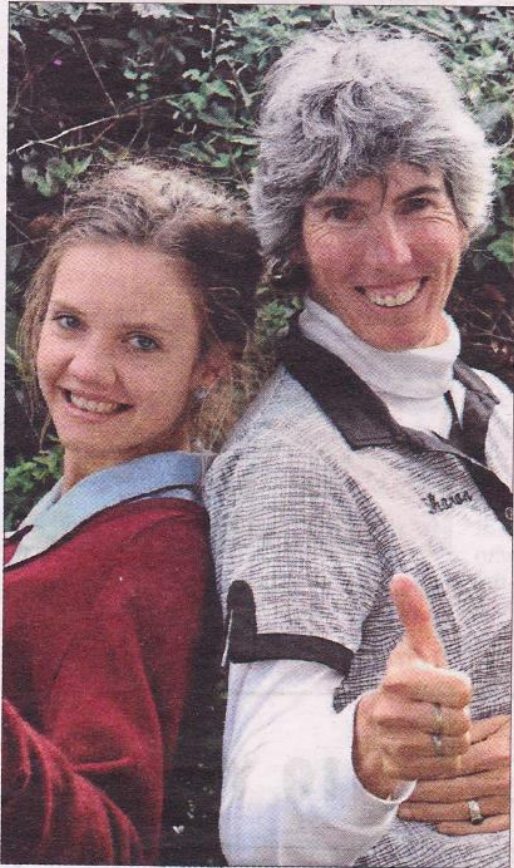


A life-changing experience up north



Max Potential young adult Grace McLean and her coach Sharon Nott are well on their way to success.

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By **LAUREN STANFORD**

Grace McLean's Max Potential journey really hit home when she travelled to Gapuwiyak in the Northern Territory with St Matthew's Catholic School last month.

"I really had a life-changing experience while I was up there," she said.

So much so that Grace's Community Service Project for Max Potential will join Gapuwiyak School and St Matthews Catholic School together with a pen pal project that she hopes will create a lasting relationship.

"It would be a great opportunity for the children at St. Matthews to make a life long friendship with a child who lives a completely different life to us," she said.

"Students would get a great perspective on what this community is like and how lucky we are here in Mudgee.

"It would also encourage the children up in Gapuwiyak to write more, make a friendship and get

an insight into our lives."

Grace said between now and her project coming online, she would be focused on finding people and making things happen through the MAXIMISER principles of M, A and X.

"I've already been using the MAXIMISERS in organising my busy life and setting goals for myself. I've been working on M, A and X in regards to my attitude to life," she said.

Grace said that working with coach Sharon Nott had been extremely encouraging for her.

"Sharon's great. She's really enthusiastic about a whole lot of things and has helped me gain a lot more confidence in myself," she said.

While Grace said she has gained more confidence in herself, it is Sharon who believes the Max Potential principles will stick with Grace for life.

"At the end of this Grace will be able to tackle anything," she said.

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