



Max Potential young adult Hamish Saint and coach Robyn Stoney.

Hamish dives into achieving goals he's set

MAX POTENTIAL

AS THE Mudgee Max Potential program for 2018 is drawing to a close young adult Hamish Saint has reflected on the goals he's set for his journey - those he's achieved and in the process of accomplishing.

The annual 22-week leadership development program encourages its participants to choose and achieve a number of goals, which can be in a variety of aspects of their lives.

The Mudgee High student set goals of achieving 'A's in his core subjects at school, which he is on his way to completing.

He's already faced his fears by going bungee-jumping.

And he's yet to time himself but is confident he can attain his fitness goal to run 5km in 20 minutes.

Of the program's 'MAXIMISER' principles, Hamish said he's been using the 'X Out the Negatives', which he's done to identify what he needs to improve on - as well as X-ing out the fear when bungee-jumping.

The young adults develop a focus on community by coming up with a Community Service Project.

Hamish chose to shine a light on the problem of young men bottling their emotions up.

"I've made a video about mental health for young guys, which I'll present in my class," he said.

"I think it's a big issue for people around me and in the community, it's something that doesn't get talked about enough."

He's been teamed with community coach Robyn

Stoney, who he said keeps him on track.

"It's been really good, she gives me a different perspective on my ideas and if I get a bit off track she helps me to re-align," he said.

Hamish's mother is a former Max Potential coach, so a recommendation for the program wasn't too far away.

However, he joined as a way to go about developing his own potential.

"I decided to do it because I thought it would get me out of my comfort zone and teach me how to improve myself, plus it's given me something to achieve," he said.

"It's helped me to set goals for myself, which I've never done before, and achieve them as well. I would definitely recommend it - there's nothing negative that can come out of trying it."