

Motivation helps Hannah step outside comfort zone

By *LAUREN STANFORD*

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Hannah Price and coach Annie Flynn give their Max Potential journey a thumbs up.

Young adult Hannah Price thought the Max Potential program was a great idea from the beginning.

“When Fiona and Carol came to the high school at the end of last year I just thought it would be fun and I would get to meet new people and it has been. I’ve liked it a lot,” she said.

Over the past few months, Hannah has been working on organising her time better around her school work, job and social life as well as stepping outside of her comfort zone all with the help of coach Annie Flynn.

“Hannah is very motivated. She just gets in and does it; she doesn’t just talk about it,” Mrs Flynn said.

One of the ways Hannah stepped outside her comfort zone and tried something different was with her creative expression piece at the second Connect Group in June.

“I’m not a very creative person but I think my creative project turned out pretty well. I wanted to do something different, something I hadn’t done before,” she said. “I like the confidence it gives me.”

As well as raising Hannah's self-belief and time management skills, Mrs Flynn said Max Potential was helping both Hannah and herself connect with members of the local community.

"It's great having contact with the other coaches for both Hannah and myself. Max Potential is just a great community based program," she said.

Hannah's Community Service Project will be quite a big task but Hannah said she was looking forward to putting the skills she has learnt with Max Potential to the test.

"I'm creating a brochure to help make the local community aware of the businesses in town that can help with sexual assault," she said. "I'm going to drop it off with the Police, Community Health and Hospital, places where it will be noticed but it won't be too obvious because of the sensitivity of the subject."

Hannah said that the aim of the Community Service Project was to identify a community need and her project was something the community need to be aware of.

With Max Potential almost over for another year, Hannah said as well as her Community Service Project she was looking towards the future and what she wanted to take away from her experience.

"My goal by the end is to be more confident and to be able to make and stick to goals; to work on the principles of Max Potential and keep those values," she said.