



# **Final Program Report**

## **Gosford RSL Max Potential 2025**



# Congratulations 2025 Graduates!



# Program Summary

GRSL Years of  
Investment

18

Young Adult  
Graduates

30

Community Coach  
Graduates

28

Community Service  
Projects Delivered

30



# Program Summary

**Celebration Event  
Attendees**

**250+**

**Young Adult's  
Experienced a  
Positive Change**

**100%**

**Schools  
Participated**

**15**

**Participants  
Satisfied/Very  
Satisfied with their  
overall coaching  
experience**

**95%**





# Celebration!

## *Thursday 21<sup>st</sup> August*



The Gosford RSL Max Potential 2025 Celebration was a fantastic afternoon filled with creativity, energy, growth and plenty of community spirit.

Our young adults shared the projects they've been working on, displaying their growth in confidence, leadership, and commitment to making a difference.

We were joined by over 250 guests, including The Hon. Liesl Tesch MP and The Hon. David Harris MP, along with representatives from our Club Partner Gosford RSL, the Tuggerah Lakes and Brisbane Water Police Districts, local schools, businesses, and our sponsors.

It was inspiring to see so many people across the Central Coast come together to back our young adults and celebrate their achievements. The afternoon left everyone feeling proud, encouraged, and excited about the future these young leaders are shaping.



This year, community service projects focused on working with stakeholders, the community, and volunteers to create initiatives that really made a difference.

Our young adults put in the effort to turn their ideas into action, aiming for practical results that tackled real needs. Their projects included areas such as:

- Mental health and wellbeing
- Inclusion and anti-racism
- Human rights and equity
- Youth political engagement
- Heart health and preventative care
- Domestic violence and crisis support
- Environmental protection and sustainability
- Animal welfare and adoption
- Education and career pathways





# Showcase of Community Service Projects



## Gabrielle Veludo-Tragaris, St Joseph's Catholic College: "Almost Electable"

A youth-led initiative making politics and voting accessible, unbiased, and engaging for young Australians through interactive activities, myth-busting resources, and peer-led discussions.

### Outcomes

- Delivered at the Central Coast Youth Day Out in partnership with Council, engaging 100+ young people.
- Participants reported greater confidence and understanding of voting and democracy.
- Publicly recognised by Cr Jared Wright and featured in *Coast Community News* (July 2025).
- Building momentum with an upcoming podcast collaboration with the Y4Y Youth Action Team.



### Push to get young people engaged in politics

TOPICS: Almost Electable Lead Max Potential Politics Voting Youth Day Out



Gabby manning the Almost Electable stall at Central Coast Council Youth Day Out

### Impact

*Almost Electable* sparked meaningful conversations among youth, schools, and community leaders. By shifting the way politics is discussed and understood, the project not only created immediate benefits for participants but also positioned itself as a scalable model with strong potential to expand youth political education across the Central Coast.

# Showcase of Community Service Projects

## Hannah Law, Brisbane Water Secondary College: “Move to Heal”

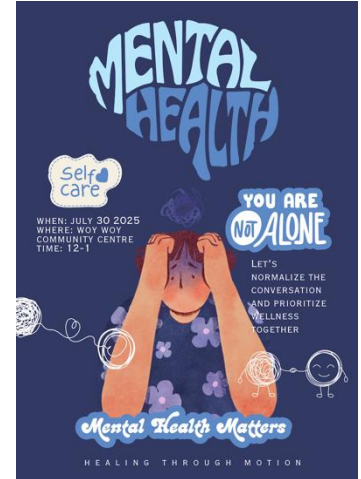
*Move to Heal* is a non-profit series of dance workshops to promote mental health and emotional wellbeing on the Central Coast. By combining dance, music, and mindfulness, the project provides young people with a safe space for self-expression, stress release, and connection.

### Outcomes

- Delivered the first *Move to Heal* workshop with strong participation and positive feedback.
- Promoted through community posters, social media, and local media outlets, raising awareness of youth mental health.
- Engaged teenagers as the initial target group, with plans to expand to adults and broader community participation.
- Created an inclusive, accessible program where everyone feels welcome regardless of background or ability.
- Early feedback suggests participants experienced improved mood, connection, and a greater sense of belonging.

### Impact

With 40% of young people on the Central Coast experiencing mental health challenges, *Move to Heal* offers a unique and creative way to respond to this need.



# Showcase of Community Service Projects



## Hollie Kepper, Gosford High School: “Digital Disconnect Challenge”

The *Digital Disconnect Challenge* was designed to respond to the growing issue of teenage phone and social media addiction. Over a two-week period, participants replaced 30 minutes of daily phone use with healthy, offline activities, then logged their experiences through surveys and reflections.

### Outcomes

- 36 young people across Gosford participated in the two-week challenge.
- Collectively, participants logged dozens of hours away from their phones, replacing screen time with creative, physical, and social activities.
- Promoted widely through school assemblies, posters, Google Classroom links, and social media updates.
- Backed by support from Central Coast Council and encouragement from local schools including Gosford High and Henry Kendall High.
- Incentivised with a \$50 Gosford RSL voucher prize for participation, helping drive engagement.
- Hollie gained confidence by stepping outside her comfort zone, presenting at assemblies, and liaising directly with stakeholders and community leaders.



**14 Day Challenge**  
**DIGITAL DISCONNECT**  
NO MORE  
Doom-scrolling  
Games  
Addiction

### Impact

The challenge raised important awareness of phone addiction and created a platform for honest conversations about digital wellbeing. While modest in scale, it demonstrated the value of youth-led solutions and has potential to grow into a longer-term or app-based initiative with broader reach.

**Join The Challenge,  
Defy the statistics**

On average, given the statistics of 5 to 8 hours a day spent online during childhood, we estimate that this could displace as much as 1,000 to 2,000 hours a year that would otherwise be spent in various face-to-face social interactions, learning and mastering these important skills and building strong relationships.

# Showcase of Community Service Projects

## Daniel Blyton, Kincumber High School: “Ageless Allies”

An initiative connecting retired coaches and elderly community members with young athletes from financially struggling families, creating free, sport-specific mentorships that build intergenerational connection and reduce barriers to participation.

### Outcomes

- Launched as a new pilot program pairing elderly sports-experienced individuals with young athletes in financial need.
- Created meaningful intergenerational bonds, improving social wellbeing for seniors while supporting youth development.
- Promoted through local media releases and community channels, building early awareness and engagement.
- Established a digital platform to manage applications, track progress, and match athletes with suitable mentors.

### Impact

*Ageless Allies* has begun breaking down social and financial barriers in sport, helping young people access coaching while giving elderly mentors a renewed sense of purpose and connection. The initiative demonstrated how sport can be a powerful bridge across generations, with benefits extending beyond the field into stronger community ties, reduced isolation for seniors, and greater opportunities for young athletes to reach their potential.



# Showcase of Community Service Projects



## Erika Petersen, St Joseph's Catholic College: "The Bridge Project"

A student-led initiative designed to educate peers about racism, its impacts, and how to become active allies, creating a safer and more inclusive school environment.

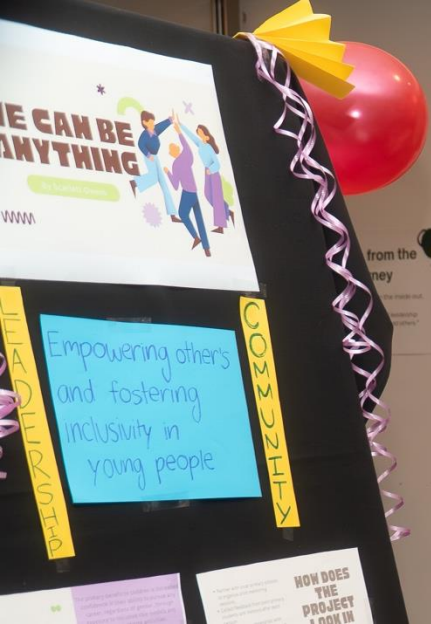
### Outcomes

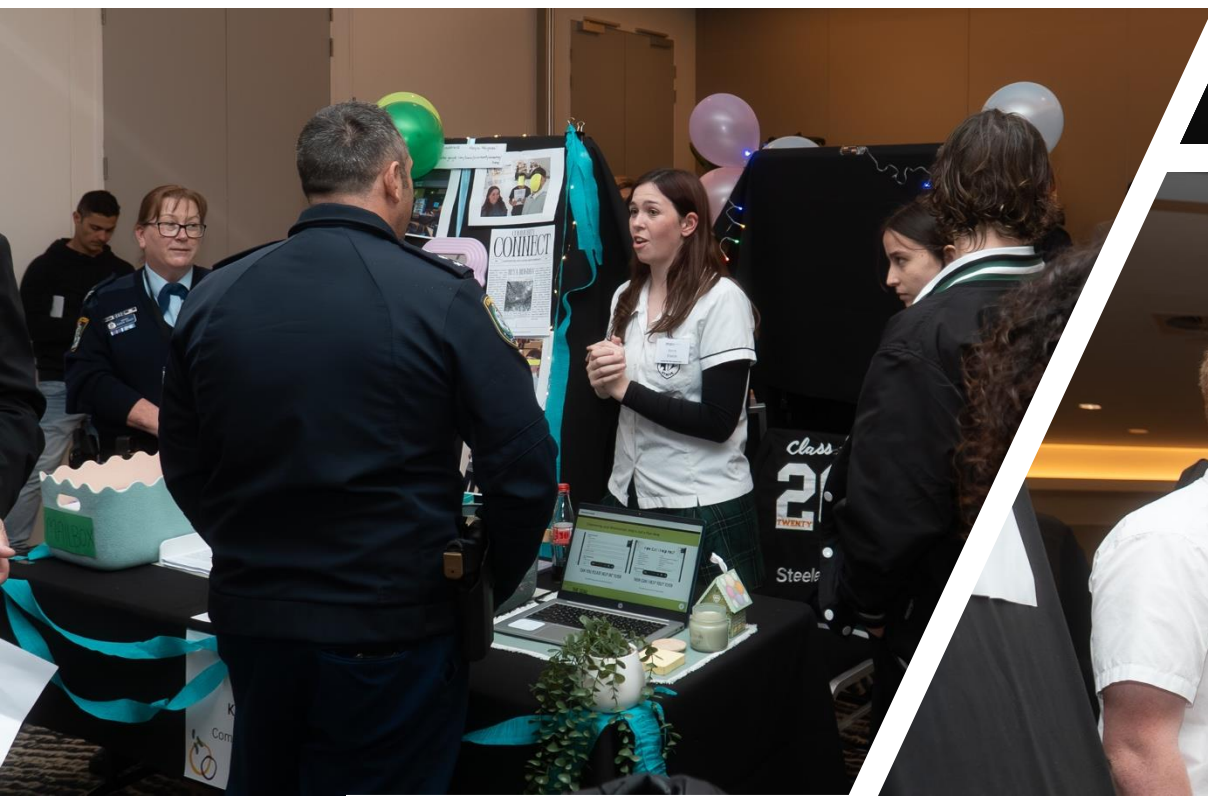
- Delivered four interactive anti-racism workshops, engaging around 30 students across year levels.
- Created inclusive spaces where younger students felt supported to share their experiences and perspectives.
- Promoted through posters, social media, and school announcements, raising visibility and participation.
- Recognised by staff for its relatability and positive approach: *"The biggest strength is that it's student-led, which makes it more engaging and empowering for peers"* (Ms. Dickinson, Teacher).

### Impact

*The Bridge Project* fostered open dialogue on racism in a way that felt safe, relatable, and empowering for students. It gave marginalised voices a platform, encouraged allies to step up, and built a more respectful and socially conscious school culture. Beyond its immediate reach, the project equipped participants with the confidence to challenge discrimination and created momentum for future student-led leadership around inclusion and equity.







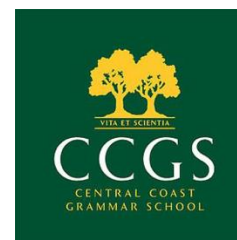




# Max Potential – who is involved?

30 young adults from 15 Schools

- Brisbane Waters Secondary College
- Central Coast Adventist School
- Central Coast Grammar School
- Central Coast Sports College
- Erina High School
- Gosford High School
- Henry Kendall High School
- Kariong Mountains High School
- Kincumber High School
- Lisarow High School
- Narara Valley High School
- St Edward's College
- St Joseph's Catholic College
- St Philip's Christian College
- Terrigal High School



## Our Max Potential Club



# Our Sponsors



# Community Connections and Support

**Since Celebration, several projects have gained further support and follow-up:**

- **The Purple Box** received interest from Gosford and Wyong Police Stations and a connection into Erina High.
- **Soft Pages** was linked with Theis Studios in Woy Woy to hold an event later in the year.
- **Breaking Barriers** connected with Trilogy Disability Foundation and was also introduced into Erina High.
- **The Bridge Project** brought Mia Hart and Erika Patterson together to continue the project.
- **Paw Paradise** left a lasting impression at a local business networking event.
- **Central Coast Youth Arts Combined** gained strong interest from Liesl Tesch MP.



# Celebration Highlights



**Russell Cooper (CEO, Gosford RSL)** highlighted Gosford RSL's 18-year commitment as major sponsor, recognising the growth and leadership of young adults, the dedication of schools, and the investment of volunteer coaches. He spoke of how much energy was in the room and the Club's long-standing support for youth leadership.

A special thank you to Maureen, who has championed Max Potential since day one. Her belief in young leaders and behind-the-scenes dedication have been vital to shaping and sustaining the program's success.



## Community Coach Reflection – Alexis Barresi

Alexis Barresi shared her journey as a Max Potential coach, reflecting on how the program reshaped her understanding of leadership and listening. *“Very quickly, I learned that coaching is not about telling; it’s about asking... creating space, and truly listening so the other person can find their own answers.”*

She spoke about the impact of the MAXI principles in her own life, giving her courage to pursue a new career and highlighted the privilege of coaching young adults like Gabby, who discovered that fun was not a distraction but fuel. Alexis reminded the audience that while coaches give their time and support, they often leave *“more inspired than when we arrived.”*

**Personal Expression – Erika Petersen, St Joseph’s Catholic College**

Erika Petersen shared her personal expression film, describing it as “*about growth and resilience.*” She reflected on how small, consistent efforts can lead to meaningful change and hoped her film would inspire others to see their own progress.



# Celebration Highlights

**The Hon. Liesl Tesch MP** inspired the room with her energy and encouragement. She urged young people to reflect on their growth, saying *“Spread your arms apart, think of what you have accomplished, now give yourself a big hug.”* Her message reinforced the importance of recognising achievements, embracing resilience, and continuing to step forward with confidence.





## Community Service Project – Gabriella Lints, Narara Valley High School

Gabriella Lints introduced *The Purple Box Project*, to support families escaping domestic violence. She shared confronting local statistics, reminding the audience that *“these aren’t just random stats, they’re our neighbours, classmates, and people we see in the shops. This is happening right here, in our own backyard.”*

Through donation boxes set up across the Coast and her unique “Notes for Hope” messages included with each item, Gabriella’s project is already gaining strong community backing from local businesses, police stations, and schools. *“The Purple Box Project isn’t just about collecting stuff, it’s about giving hope, dignity, and showing people they’re not forgotten.”*

# Celebration Highlights

*"Making things happen has had the biggest impact on me, pushing myself and others to connect, to bring something you can only dream of to life." - Max*

*"I discovered a deep passion for equity and how it can be delivered to those in need... Max Potential shaped me into a stronger, more resilient individual, able to adapt to changing circumstances." - Caitlin*



*"Max Potential has taught me that fun isn't a distraction to achieving success but rather a tool to motivate yourself. I've learned that good things take time and that it's okay not to have everything figured out." - Gabby*



# Program Impact





# Program Valued by Participants



Very Useful/ Somewhat Useful	Young Adults	Community Coaches
Content (what you learned)	96%	100%
Learning (met your needs specifically)	96%	100%
Max Potential materials	96%	100%

Very Satisfied/ Satisfied	Young Adults	Community Coaches
Process (how the sessions were run)	94%	96%
Program support and administration	96%	100%



# Impact on Young Adults



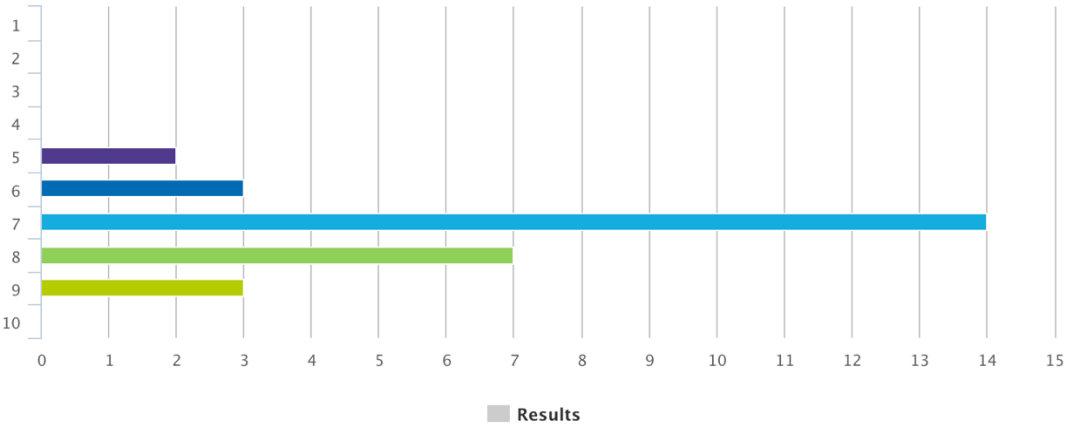
# Young Adults developed confidence in their personal leadership

96%  
Rated personal  
leadership confidence  
at least 8 out of 10

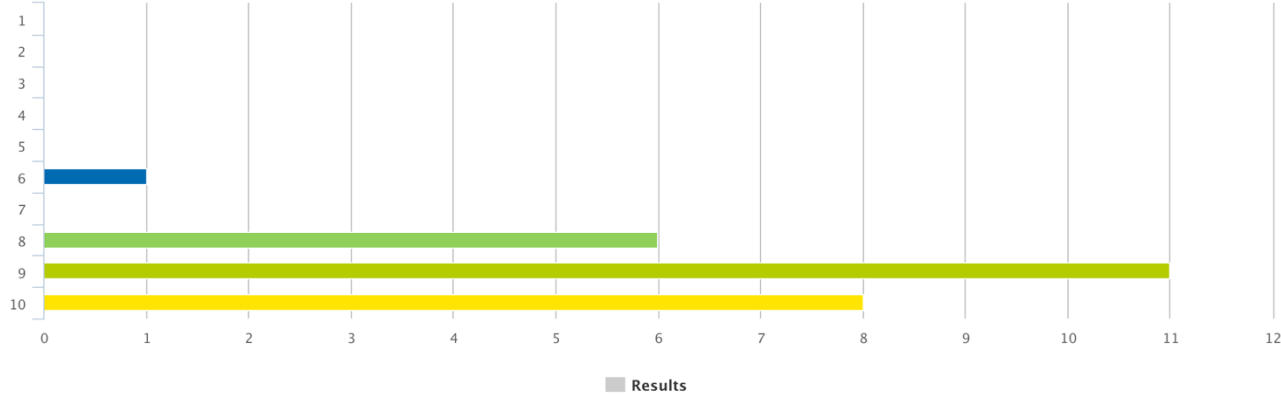
Start of Max Potential

END of Max Potential

Before starting the Max Potential program, how confident did you feel in your own personal leadership?(Rate out of 10, where 1 is not confident at all and 10 is extremely confident.)

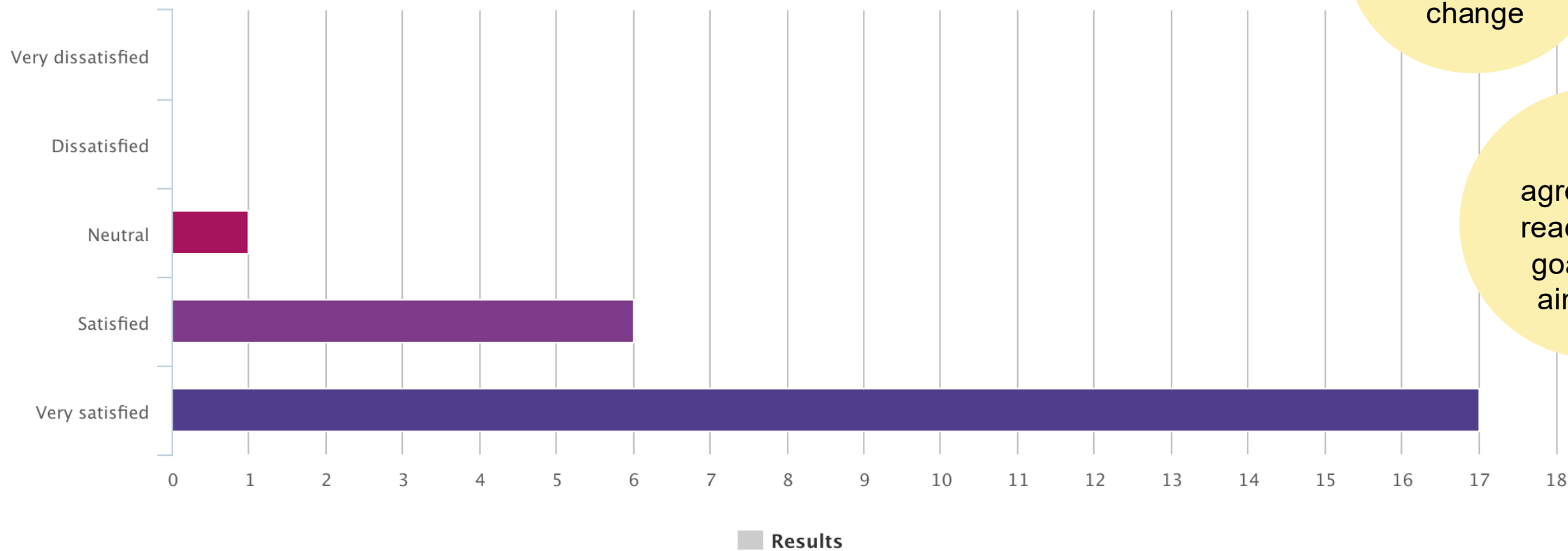


Having finished the Max Potential program, how confident do you now feel in your own personal leadership? (Rate out of 10, where 1 is not confident at all and 10 is extremely confident.)



# Impact on Young Adults

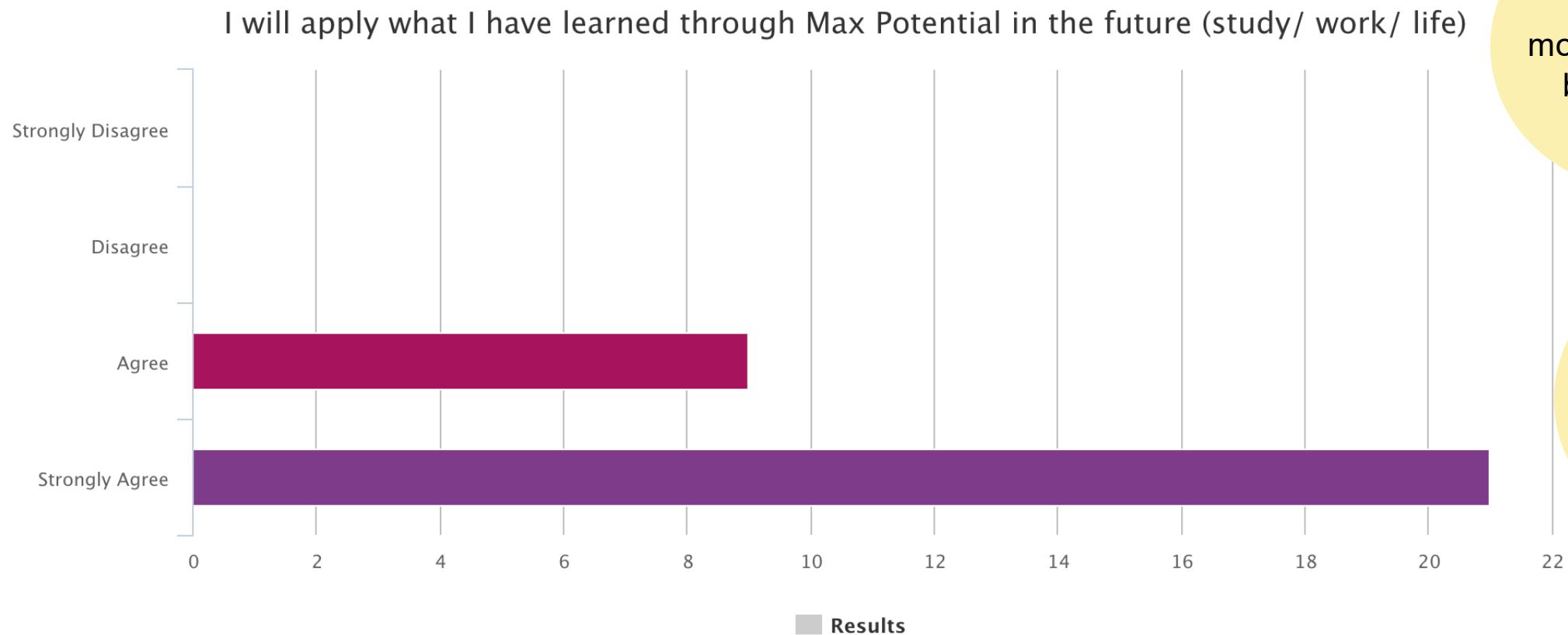
Overall coaching experience



96%  
experienced a  
positive  
change

96%  
agreed they  
reached the  
goals they  
aimed for

# Impact on Young Adults



100%  
are more  
motivated to give  
back to their  
community

95%  
expect to use  
MAXIMISERS  
in the future

# Young Adult's Personal Growth

*"I have learnt a lot about myself in terms of overcoming challenges, being resilient and developing my leadership and communication skills"*

- CHARLIE

*"The program has allowed me to focus on my personal growth... reminding myself that I am worthy, strong, resilient, and hardworking, something that I sometimes forget."*

- ANNA

*"I was able to gain many abilities for my personal and community growth. I learnt to step out of my comfort zone and the importance of taking charge to make a difference for myself and those around me."*

- HEHUAN

# Young Adult's Personal Growth

*"My Max Potential journey made me question my identity, hobbies and aspirations. I discovered that my path wasn't what I thought, and I found new passions that align with who I truly am."*

- GABBY

*"Max Potential pushed me outside my comfort zone. I went from being afraid to speak up to finding my voice and valuing my ideas. That confidence is something I'll carry forever."*

- HOLLIE

*"I've gained a greater sense of self and now better understand how I am as a leader. I've found new ways to give back to my community."*

- LUCA



# Impact on Community Coaches



# Community Coaches Personal and Professional Development

*"I have significantly improved my coaching skills, learning how to better support, guide, and motivate others. The program has also helped me to apply the Max Potential principles directly to my own work and business operations."*

**- GARY**

*"To encourage the potential of Young Adults and to see the emerging growth and learning is worth every cent! I believe in investing in people and doing that with a YA is especially rewarding. A well structured program with enthusiastic support and encouragement will deliver the results and make a massive difference in society."*

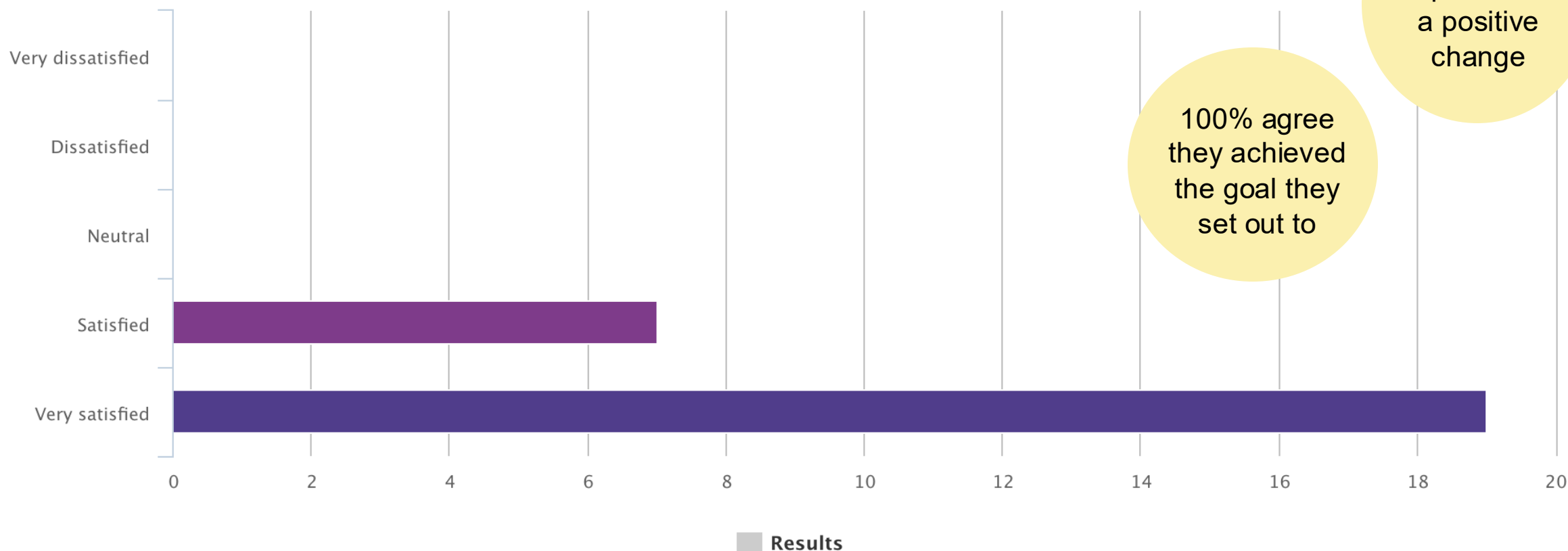
**- HEINZ**

*"I have learnt coaching skills that will stick with me for life. I've learnt that I can't always control things, and sometimes the best thing is to expect that things can't always be perfect."*

**- CHLOE**

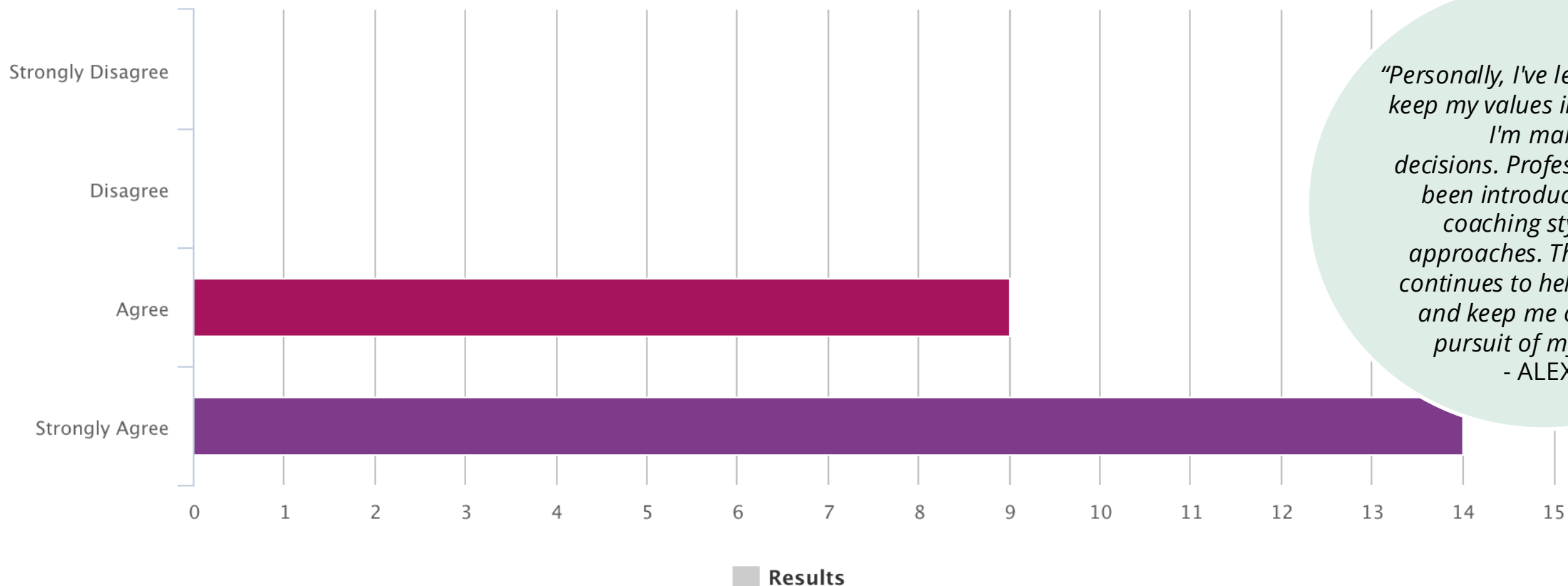
# Impact on Community Coaches

## Overall coaching experience



# Impact on Community Coaches

I will apply the coaching skills I have learned through Max Potential in the future (work/ life)



*"Personally, I've learned how to keep my values in focus when I'm making decisions. Professionally, I've been introduced to new coaching styles and approaches. The program continues to help me reflect and keep me on track in pursuit of my goals."*  
- ALEXIS

# Acknowledgements

A huge thank you to every school and sponsor for supporting us to deliver another Max Potential program!

In particular, we acknowledge Gosford RSL CEO Russell Cooper, President Carl Rennie, and the Board for 18 years of investment in local youth leadership.

Special thanks also to The Hon. Liesl Tesch MP, The Hon. David Harris MP, the Tuggerah Lakes & Brisbane Water Police Districts, Central Coast Council, and our community for backing the next generation of leaders.

We're already preparing for our 2026 program, with recruitment for Young Adults and Community Coaches beginning in Term 4!



**Carla Wilson**  
Program Manager

**Stephen Welsh**  
Associate Coach

**Heidi Iveson**  
Program Coordinator



Discover stories, projects, and  
impact from our young leaders!

Follow @MaxPotentialAustralia



maxpotential