Rules Unlearned
by From Ashes Coaches

The first of a 2-part series on Leadership

Sponsor by The Business Community

Our experiences shape how we see the world

These experiences create our beliefs, hardening into habits that limit our thinking and our potential.

Like the invisible strings of a marionette, old rules can contort us into a safe and predictable life of mediocrity.

This isn't just a talk. It's a workshop.
Through storytelling and interactive exercises, you'll:

- Understand how your experiences influence your decisions
- Recognize habits and beliefs holding you back
- Learn strategies to break old patterns
- Open doors to new opportunities—for your personal growth, career, and student life



John Popelka

Professional coach and speaker specializing in mindset and strategy, with over 20 years of leadership experience in Fortune 500 companies. A retired U.S. Army Master Sergeant, he served in every enlisted rank, including First Sergeant.

RSVP on CougarConnect

March 5th

12:00 PM – 1:30 PM

Mitchell Hall 216

Food and beverages will be provided

Corporate Sponsor

Join via Zoom!

- Faculty - inform your classes, bring your class
- Students - ask faculty for extra credit to attend (we will track attendance & provide to faculty)