



## 2025 Women's Water Network Forum

From Pressure to Power: Leadership Strategies for Well-Being & Resilience

July 22 | Cheyenne Mountain Resort | White River Ballroom

*As of July 1, 2025*

### Tuesday, July 22

**8:30 – 10:15**

**Registration**

**9:00 – 9:15**

**Opening and Welcoming Remarks**

**Emily Jackson**, *Co-Chair, Legal Affairs Committee*  
Chief Legal Officer  
Metro Water Recovery | Denver, CO

**9:15 – 10:45**

**Understanding Rumination and How-To Break the Cycle**

Ever been ambushed at 2 AM by the mental replay of something you said or did? The all-too-familiar habit of rumination – those repetitive, negative thought loops that disrupt sleep, drain energy, and chip away at confidence and personal growth. This session will explore what causes women in water to ruminate and ways to quiet your inner-critic and reclaim your focus.

**Shannon Bendixen**, Executive Leadership Coach  
Keynotes for Leaders | Colorado Springs, CO

**10:45 – 11:00**

**Break**

**11:00 – 11:45**

**Factors that Lead to Burn-Out**

Driven. High-performing. Always on. Many women in leadership strive for excellence and set high standards for themselves. When left unchecked, this push yourself mentality can quietly lead to chronic stress, exhaustion, and burnout. This session will explore ways of letting go of the relentless internal pressures to “do it all” and how to open the door to embrace ambition and well-being.

**Shannon Bendixen**, Executive Leadership Coach  
Keynotes for Leaders | Colorado Springs, CO

**11:45 – 12:00**

**Roundtable Takeaways and Wrap-Up**

**12:00 – 1:00**

**Networking Lunch**