



Breakout Topics

How to Overcome Imposter Syndrome & Build Unshakable Confidence

Even the most accomplished women experience self-doubt. This session dives deep into the roots of imposter syndrome, how it manifests in leadership, and practical strategies to reframe your mindset, own your voice, and show up with confidence—without apology. Walk away with tools to silence your inner critic and advocate for yourself with clarity and courage.

Women, Work & AI: Thriving in the Age of Intelligent Innovation

AI is transforming the workplace—and women have a critical role to play. This session demystifies the impact of AI on women's careers, from automating tasks to reshaping leadership roles. Learn how to embrace AI as a tool for empowerment, efficiency, career development, and work-life balance while also understanding ethical concerns and opportunities for innovation.

Burnout-Proofing Your Ambition in 2026

You don't need less ambition. You need a better way to carry it. If your success comes at the cost of your time, health, or sanity... it's time to rewrite the rules. In this powerful breakout session, business strategist and recovering over-functioner Megan Gillikin will help you spot the habits and expectations quietly leading you toward burnout – and replace them with boundaries that actually stick. Through real talk, relatable stories, and practical strategies, you'll learn how to protect your energy, honor your capacity, and build a version of success that's sustainable *and* fulfilling.

Sponsored by Aetna (waiting on confirmation)

Because burnout isn't the price of leadership and in 2026, you get to do it differently.

Key Takeaways:

- The 3 hidden habits high achievers carry that quietly fuel burnout
- How to spot energy leaks, outdated goals, and obligation overload with a simple burnout audit
- Scripts, strategies, and mental shifts to help you say no without guilt
- How to design a burnout-proof plan for 2026 that aligns with your energy, values, and priorities

Lead Like a Woman: Your Questions, Your Leadership Journey

Ready to get real about leadership? This interactive Q&A-style breakout invites you to steer the conversation. Bring your questions, challenges, and stories as we dive deeper into what it means to lead boldly and authentically as a woman. From navigating bias to finding your voice in the room, no topic is off the table. This is your space to ask, share, and leave with real-world strategies and support from peers and facilitators who've been there.

Creating Cultures of Belonging and Opportunity in Today's Workplace

As professional women navigating complex work environments, we often find ourselves advocating not only for our own advancement but also for creating spaces where others can thrive. In this session, we'll explore how women leaders can champion meaningful cultural change—building workplaces where collaboration, representation, and belonging are at the forefront. You'll gain actionable strategies to navigate resistance, influence decision-makers, and foster environments where all individuals are respected, empowered, and able to contribute fully. Whether you're leading a team or shaping organizational strategy, this session will equip you to lead with intention and impact.

From Command to Career Change: Navigating Bold Transitions and Building Purpose-Driven Paths

Join two remarkable leaders for an intimate conversation on how bold transitions and value-driven choices shape powerful careers. Dr. Ronit Freeman, a trailblazing scientist and the first woman intelligence officer in her unit in the Israeli Army, and Secretary Jocelyn Mitnaul Mallette, a third-generation military veteran turned attorney and entrepreneur, bring a wealth of lived experience—from commanding male-dominated teams to leading with kindness and strategic clarity.

In this candid fireside chat, they'll share personal stories of reinvention, overcoming bias, balancing purpose and ambition, and how service—whether in the lab, courtroom, or community—can be a launchpad for innovation and impact. Attendees will walk away with real insights on how to approach pivotal career decisions, build meaningful networks, and grow with confidence through every season of leadership.