

A CONVERSATION OF UNDERSTANDING

PART II

Protecting Our Peace: Resetting the Rhythm of Our Lives for the New Year

SESSION FOCUS

Building on the powerful reflections and dialogue from our fall Conversation of Understanding, Part II moves the conversation from awareness to action. As we enter a new year, this session will focus on intentionally nurturing healthy minds, bodies, and spirits, not as resolutions, but as sustainable practices that support long-term well-being.

This conversation will invite participants to pause, reset, and recommit to wellness in realistic ways, affirming and grounded in community care. Panelists will guide us deeper into how wellness shows up in our daily lives, our work, our leadership, and our relationships, especially during times of ongoing stress and change.

FEATURED PANELISTS

- President and Chief Wellness Strategist, Unwrap Your Wellness, Melody McClellan
- Owner and Empowerment Coach of She Got The Nerve Coaching and Consulting, Tara Allbritton



MELODY MCCLELLAN
*President
and Chief Wellness Strategist
Unwrap Your Wellness*

PURPOSE OF PART II

This session is designed to help participants:

- Start the year grounded and whole, with clarity around what wellness truly means for them.
- Reconnect mind, body, and spirit, recognizing that wellness is multidimensional.
- Move beyond survival mode and into practices that promote restoration, joy, and balance.
- Challenge harmful narratives around productivity and burnout, particularly in academic and caregiving spaces.
- Strengthen self-image, confidence, and inner peace as foundations for resilience and leadership.
- Reinforce community care, reminding us that sustainable wellness is supported collectively, not carried alone.

WHO SHOULD ATTEND

Students, faculty, staff, administrators, and community members who are ready to:

- Begin the year with intention
- Reclaim their peace and well-being
- Strengthen resilience and self-awareness
- Engage in wellness practices that honor the whole person



TARA ALLBRITTON
*Owner
and Empowerment Coach
She Got The Nerve
Coaching and Consulting*

JANUARY 28, 2026

12 PM - 1 PM

youtube.com/watch?v=U3lHi1VzoJc

Conversations of Understanding have become a fixture across the SIU System and on our individual campuses. They are a series of exchanges where students, alumni, faculty, staff, and the broader SIU communities can share their experiences and thoughts on a variety of themes related to antiracism, diversity, equity, and inclusion. We want to be a model for others in higher education and be recognized as a leader in our region and beyond for our work in fostering understanding of relevant contemporary issues.

Students, faculty, and staff across the SIU System are invited to join a live discussion focusing on critical issues regarding equity and justice in our country and what we can and must do to address those issues within the SIU System and beyond. A question-and-answer session will follow where audience participants can participate.

Sponsored by the SIU System President's Office and the SIU System Diversity Advisory Council



Southern Illinois University System

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