Gratitude Web Event:

JULY 17

Zoom link & Additional details on the Upcoming Events, next page

IN THIS ISSUE

- Upcoming Events
- Member spotlights
- Resource Spotlight
- Annual Conference
- Stay connected to WBAR!
UPCOMING EVENTS

Events
MARK YOUR CALENDAR!

JULY 17
At Noon CDT, our AC will be hosting a web event on Gratitude. Di Dingman will share research on the practice of gratitude and how it can cultivate wellbeing for advisors.

Meeting ID: 966 5261 0768
Password: 018096

JULY 20
Join Steering Committee Members Liz Sutton and Lizzy Harman for a NACADA Global Connection Series presentation on advisor wellness.

Watch for a time and Zoom link in NACADA Next Week!
JULY 23
At 2PM CDT,
Get to know The New Kids on the Block:
Meet the New ACs.

Meeting ID: 980 7954 2948
Meeting Password: 329371

MARK YOUR CALENDAR!
What made you decide to join the steering committee? I have been in the field for close to ten years and at least several times have been on the verge of burnout. When the call for interest went out, it was a group I knew I wanted to join.

How do you ensure your own well-being? I exercise most days and to help keep stress low in most other areas of my life. I also try to leave work at work and not bring it home with me. With the COVID-19 crisis, that has been a real challenge, but finding moments to take our kids for a walk or a bike ride helps a lot.

What keeps you in advising? The connections with students and the sense of purpose I gain from working with them. I got into this field to make a difference and I love being in an environment that constantly challenges me and where I can keep learning.

"I got into this field to make a difference"
"Sometimes you will hear mindfulness described as being present. The present is the only thing we have control over. The past has happened, and the future has yet to happen. How we deal with what is happening now can help us steer where we want to go. This can be one of the hardest things to do. Our minds like to wander away from the present. It could be thinking of past appointments with students or what you are going to make for dinner."

TYLER HALL,
STUDENT SUCCESS ADVISOR, DALHOUSIE UNIVERSITY
AUTHOR, STAYING GROUNDED: WHAT IS MINDFULNESS ANYWAYS?

If you're like me, you may be in the midst of new student orientation, which can mean an abundance of students. Check out this blog about mindfulness, "Staying Grounded: What is Mindfulness Anyways?"
You may register now for the NACADA Annual Conference.
October 4-7

See you in San Juan!

PURTO RICO

NACADA ANNUAL CONFERENCE
No Student is an Island: The Rich Port of Advising and Connection
01 Join the WBAR Facebook Group

02 Read & Share Resources

03 Volunteer & Get Involved