A MESSAGE FROM CHAIR
KACEY GREGERSON

NACADA is starting a Global Connection Series. On June 8 at Noon CST, I will be doing an introduction to this Advising Community (AC) with the other two new NACADA ACs: Advising Community for Students with Experiences in the Foster System, and the Social Justice Advising Community. We will also be co-sponsoring another seminar through this series. More information will be coming..

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• Stay connected to WBAR!
What made you decide to join the steering committee? Wellbeing and retention/burnout are two areas of interests for me - as soon as I saw the first email I wanted to be a part of the conversation and group. One of my top 5 strengths is empathy so I am always feeling all the things and continue to work on balancing that in the work of advising.

How do you ensure your own well-being? I don’t have Outlook on my phone to help with work/life balance. Also, I discovered the YouTube channel "Yoga with Adriene" last fall and adding that to my nightly routine has definitely helped!

What keeps you in advising? Seeing the students meet their goals and grow. My first cohort of students are graduating in May and I’ve never been more proud!

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What made you decide to join the steering committee? I have been with the Community since the very beginning and my passion is to promote Advisor well-being.

How do you ensure your own wellbeing? I practice yoga, mindfulness, and meditation. Taking walks in the fresh air, getting enough sleep, and snuggling with my kitties are also essential to my own well-being :)

What keeps you in advising? Education is my anchor. Having been a first gen college student, I truly understand some of the confusion that can arise from complicated processes. Creative problem solving gives me energy! Helping people better their lives is what keeps me going.

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Your Advising Philosophy: Built from the Ground Up (tri-sponsored by AC for Advisor Well-Being & Retention, Training & Development, and Theory, History & Philosophy)

Assessing Basic Needs: Opportunities (yes, opportunities!) for Institutions, Advisors and Students to Connect in a Time of Crisis and Change (presented by the AC for Students with Experiences in the Foster Care System)

Setting Sail to Mid-Level Advisor Success: Embracing the Real 'Unsung Heroes' of NACADA (presented by the Advisor Training & Development AC)

Fifteen Minutes of Space: Yoga, Breath, and Mindfulness for Advisor Well-Being

Gentle Yoga for Advisors

Click HERE to find all of the events!

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There were so many events for Global Advising Week - I hope you were able to catch some of them!

-KACEY GREGERSON, WBAR CHAIR
Check out the podcast, **Unlocking Us with Brene Brown**. WBAR Chair Kacey Gregeson recommends the 3/27 and 4/3 episodes!

*Please note - there is some explicit language in this podcast.*

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**NACADA ANNUAL CONFERENCE**

No Student is an Island: The Rich Port of Advising and Connection

You may register now for the NACADA Annual Conference. No Student is an Island: The Rich Port of Advising and Connection October 4-7 in San Juan, Puerto Rico

[Click here to learn more!](#)
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