"I hope all of you are doing well; I know it has been a trying, confusing, and challenging time right now. Please remember to take time for yourself. At the very least, please take a moment to close your eyes and take two deep breaths."

-KACEY GREGERSON
WBAR CHAIR
January 22
Interested in reading conference proposals for this AC? Sign up before January 22 and list Well-Being & Advisor Retention and note that you want to read for our WBAR AC. Complete and submit NACADA's Proposal Reviewer Interest Form.

February 2
In collaboration with Advisor Training & Development, we will be hosting a panel with the Return from Remote series on Advisor Well-Being. The panel will include: Edna Renee MacBeth, Banks Blair, Olivia Miller, Chanda Walter, and Holly Green. Please mark your calendar for: Tuesday, February 2 at Noon Central Time. Register Here.

February 25
We will also be hosting a session on Zumba on Thursday, February 25 at 12:30 Central Time. Registration link forthcoming!
REGION CONFERENCES

March 1-5
Preconference Workshop Week will be March 1-5. There are some fantastic sessions to consider. Region conferences take place throughout March & April.

Register: 2021 Preconference Workshop Week
What made you decide to join this Advising Community? To learn ways to support the students I advise and my advising colleagues in their wellbeing. I also joined to meet more advisors from around the country and to learn from their best practices.

How do you ensure your own well-being? What has helped me the most is taking time to spend with my wife and daughter - whether it's playing video games, watching movies, or playing with Legos! I also like to keep my calendar organized so I don't get overwhelmed with meetings and appointments and to make sure I build-in break time from the computer screen.

What keeps you in advising? Helping students meet their academic and career goals, and being able to support my advising team through sharing professional development opportunities or just lending an ear to anyone who needs someone to talk to.

"What has helped me the most is taking time to spend with my wife and daughter - whether it's playing video games, watching movies, or playing with Legos!"
DO YOU WANT TO

Introduce yourself to other WBAR members?

Fill out this form, and we'll highlight you!
"change and loss travel together. We can't have change without loss, which is why so often people say they want change but nonetheless stay exactly the same."

I'm reading the book "Maybe You Should Talk to Someone" by Lori Gottlieb and oh my - it has so many nuggets that I have jotted down. We will likely host a Coffee Chat about this - so stay tuned.

KACEY GREGERSON
Chair, Well-Being & Advisor Retention AC
01 Join the WBAR Facebook Group

02 Read & Share Resources

03 Volunteer & Get Involved