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WBAR Community:

Thank you to everyone who has been joining our events the past months - from the well-being panel, to dance cardio, to a coffee chat about well-being and high achieving students! We're so grateful you make space for us and give us your valuable time.

Kacey Gregerson
Chair, Well-Being & Advisor Retention Advising Community
UPCOMING EVENTS

APRIL 29
12:00 PM CENTRAL TIME
Coffee Chat led by Liz Sutton about
"Maybe You Should Talk to Someone" by
Lori Gottlieb

Check out the book and these interviews:

MAYBE YOU SHOULD TALK TO SOMEONE
Check out the book, "Maybe You Should Talk to Someone" by Lori Gottlieb

A TASTE OF HER OWN MEDICINE
Check out this interview, "A Psychotherapist Goes To Therapy — And Gets A Taste Of Her Own Medicine" with author Lori Gottlieb with Terry Gross from NPR's Fresh Air

THE PRIVILEGE OF BEING LET INTO SOMEONE'S THOUGHTS
Author Lori Gottlieb sits down for an interview with the podcast, Armchair Expert with Dax Shepard
Upcoming Events

Virtual Regional Conferences

March & April 2021

Be sure to check out: Regional Sessions on Well-Being & Advisor Retention
(Did we miss any? Please email kgregers@umn.edu)

Region 1 and Region 2 Conference | March 10-11
Region 8 and Region 9 Conference | March 23-24
Region 4 and Region 7 Conference | March 29-30
Region 3 and Region 5 Conference | April 7-8
Region 6 and Region 10 Conference | April 22-23

nacada.ksu.edu/community/regions.aspx
What made you decide to join this Advising Community?

I'm currently experiencing burnout for the first time after working in my position for 4 years. I joined hoping it would help, and it definitely has. My favorite part is the Facebook group.

How do you ensure your own well-being?

I'm trying to avoid replying to emails in the evenings and on weekends. I'm also trying to do more "me time" with an emphasis on fun reading. I'm currently reading *Dune* by Frank Herbert.

What keeps you in advising?

Helping students on their academic journey by providing them success skills and accommodations. I love seeing them graduate and move on to their next journey.

"I'm also trying to do more me time with an emphasis on fun reading."
WE INVITE YOU TO

Introduce yourself to other WBAR members!

Fill out this form, and we'll highlight you!
Imagine Your Flexible Office Work Future
by Anne Helen Petersen

As many campuses have stated that they're returning to on-campus operations by Fall, this article "Imagine Your Flexible Office Work Future" may provide some food for thought. What should the future of work look like?

Want more resources? Check out our resource list and feel free to add your own!
01 Join the WBAR Facebook Group

02 Read & Share Resources

03 Volunteer & Get Involved
Chair
Kacey Gregerson

Co-Chair
Jake Rudy

Regional Liaison
Allie Funkhouser
Di Dingman
Edna Renee Macbeth

Innovative Practice (Advisor)
Banks Blair
Lizzy Harman

Innovative Practice (Student)
Chanda Walter
Kathleen Vancheri

Research
Liz Sutton
Olivia Miller

At-Large
Holly Green

Previous editions available
https://nacada.ksu.edu/Community/Advising-Communities/Well-Being-and-Advisor-Retention.aspx

eNewsletter Editor
Lauren Humphrey