Advancing Community for Well-Being & Advisor Retention

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WBAR Community:

Thank you to all who submitted proposals to be reviewed by the Well-Being & Advisor Retention Advising Community! And another thank you to those who reviewed proposals for our community - there is definitely interest in our AC and I'm grateful for all of you!

Kacey Gregerson
Chair, Well-Being & Advisor Retention Advising Community
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 the interview with Terry Gross from NPR's Fresh Air, "A Psychotherapist Goes To Therapy — And Gets A Taste Of Her Own Medicine"
Zoom Pre-Registration Required

May 27
2:00 PM Central Time
Munch & Learn Panel, "Returning to Campus"
Zoom Pre-Registration Required

May 3 Deadline
Your Input Needed!
Please complete our survey to share your thoughts on your supervisory experience to help guide our June discussion on this topic!
Survey Deadline is May 3
Submit your Interest Form!

JUNE 14
12:00 PM CENTRAL

Save the date and Stay tuned for updates as we work out the logistics!

First read is "The Body is Not an Apology: The Power of Self-Love" by Sonya Renee Taylor.

Share your book recommendations or upvote your favorites.
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 joined during the COVID-19 pandemic to find ways to reduce stress for myself, my colleagues and my students.

How do you ensure your own well-being?

I try to find a balance between work, family, friends, and health. When things don’t seem right, I assess and see what I need to get myself back on track. It’s a constant process! Reading, exercise and travel (not during Covid- boo!) are some of the things that help me get centered.

What keeps you in advising?

The connections! I have met so many amazing students and colleagues throughout the years. It is so energizing and gives me a broader perspective of the world around me.

"WHEN THINGS DON'T SEEM RIGHT, I ASSESS AND SEE WHAT I NEED TO GET MYSELF BACK ON TRACK."
WE INVITE YOU TO

Introduce yourself to other WBAR members!

Fill out this form, and we'll highlight you!
Burnout Isn't Just Exhaustion.

HERE'S HOW TO DEAL WITH IT

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

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