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WELCOME TO THE SUMMER 2021 WBAR NEWSLETTER!

WBAR Community:
Hello and welcome to the summer edition of the Well-Being & Advisor Retention Advising Community Newsletter! I sincerely hope that regardless of the season for you, that you have found some time to unwind and relax.

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

**JULY 28**
1:30 PM CENTRAL TIME

How Do I Even Do This?
A discussion to continue the conversation about Advising Post-COVID: We Can't Go Back to "Normal."

Zoom Pre-Registration Required

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**AUGUST 4**
1:00 PM CENTRAL TIME

Returning to Campus Series: Advisor Well-Being 2.0
in collaboration with Advisor Training & Development Advising Community

Zoom Pre-Registration Required
Interested in leading a coffee chat?

or

joining us for one?

Share your book recommendations (or "upvote" your favorites), and note if you would like to lead one.
What made you decide to join this Advising Community?

To create new connections and networks with other members of the advising community. I love learning from others and their experiences in this field. I am also a person with disabilities and I would love to meet others with disabilities as well and share our experiences in how we make an impact on the community!

How do you ensure your own well-being?

I love taking some "me" time by relaxing and doing daily meditation. I also am involved with the adaptive CrossFit community and do enjoy that! Other than that, I love spending time with my family and doing things we enjoy!

What keeps you in advising?

Being able to support and empower students through their academic and non-academic journey at the Gallaudet University and guiding them to success! I love watching my students learn and grow through their journey and becoming more confident in who they are!

"I love taking some 'me' time by relaxing and doing daily meditation."
WE INVITE YOU TO

Introduce yourself to other WBAR members!

Fill out this form, and we'll highlight you!
"Overwhelmingly, the most consistent thing I hear from a diverse array of faculty and staff colleagues across the postsecondary ecosystem is the universality of negative bandwidth.

Negative bandwidth is a cousin of burnout, but not its twin."
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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