



Newsletter

From the President

Nancy Gunter, SHRM-SCP, SPHR



Finding Value

When I was little I always heard my dad say he was “called into ministry”. He dedicated his life to a small rural United Methodist Church. As I got older I began to look for what I was “called” to do and I found it in the YMCA. 40 years later I see that I was “called” into YMCA work, but more importantly I was “called” into work around helping other humans. Once I landed in HR I realized that I was finding value in every day of my life and providing value to others. Even on bad days, I was still finding and offering value.

When we think about finding value in work, association memberships, or everyday experiences keep these 3 things in mind:

1. The Value we experience - comes from alignment (from HBR)

We find value in a job or an association membership when what it stands for aligns with what matters to us. For example, if we value growth, a role that challenges us or a membership that provides learning opportunities will feel more worthwhile.

TIP: Through Program Meetings, Learning Labs, EMERGE, Networking Events, HR Department of Oneish, and a lot more, SHRM Tulsa (TAHRA) is offering opportunities for growth, connection, deep thought, and learning. We should ask: “What parts of this experience connect with my priorities?”

2. The Value we find - grows through contribution (from Forbes)

Research shows that we feel value not just when we receive benefits, but also when we contribute. In a job, this might be improving a process. In a membership association, it could be mentoring or serving on a committee. The act of giving often makes the experience more valuable.

TIP: Now is the time to find a place within SHRM Tulsa (TAHRA) to serve in 2026. Let a board member know if you are interested. We have multiple opportunities from committees to mentoring to one event experiences. We want you to be an active part!

3. The Value we see - is discovered in relationships (from Thoughtful Leader)

A job or association membership is more meaningful when it fosters community or networking with colleagues or peers who share goals. Belonging boosts motivation and creates a sense of shared purpose.

TIP: Invest in relationships and networking opportunities at all SHRM Tulsa (TAHRA) events. The People of SHRM Tulsa (TAHRA) ARE the value. We are here to support each other.

Our beloved TAHRA (SHRM Tulsa) is offering value, and the organization is finding value, in helping each of us become better at what we do. We are headed into a lot of change (name change, website change, dues change) but the value in what we offer and what we as members gain is only increasing.

Reminder: If you would like to lock in current membership dues of \$100 for 2026 and 2027, make sure to renew for both years when renewals begin in November of this year.

September Program Meeting

Wednesday, September 17

Lunch - 11:15 | Speaker - 12:00

Tulsa Technology Center (Lemley Campus) Client
Service Center - Training Room 8



AI + HR: What's Changed, What's Next, and Why It Matters

Presented by Shagah Zakerion

This month, Shagah Zakerion will be facilitating a two-part session (program and lab) to help HR professionals confidently engage with artificial intelligence by understanding both the fundamentals and the practical use cases in their daily work. The first half will provide a clear, approachable overview of AI—what it is, how it's being used in HR, and why it matters. The second half will be a hands-on Learning Lab, where attendees will use tools like ChatGPT to complete common HR tasks and see how AI can simplify processes, improve efficiency, and support people-centered decision making. Attendees will leave each session with insights they can immediately apply and the confidence to keep experimenting.

Join us for one or both sessions—just make sure to register for each individually!

Artificial intelligence is rapidly changing the way HR professionals work—and those changes are no longer theoretical. At the September program, we'll explore the current state of AI adoption in the workplace, key trends shaping the HR profession, and why understanding these tools is becoming essential for strategic leadership. Whether you're feeling skeptical, curious, or excited

about AI, this session will equip you with a high-level understanding of what's happening—and what's coming next.

Sponsored by:



REGISTER

September Learning Lab - Special day/time!

Wednesday, September 17 |1:30pm - 3:30pm|

Tulsa Technology Center (Lemley Campus) Client Service Center - Training Room 8

AI in Action: A Hands-On Lab for HR Professionals

Presented by Shagah Zakerion

Immediately following our September program meeting, attend our September learning lab!

Would you be ready to move from AI theory to practice? This hands on workshop is designed to provide HR professionals with the opportunity to test AI tools firsthand. Participants will work through real-world HR scenarios, such as drafting job descriptions, generating survey questions, or writing employee communications, and walk away with ideas and outputs they can apply immediately.

No prior experience with AI required, bring your curiosity (and your device)!

SIGN UP



One lucky guest will win a TAHR membership for 2025-2026!

HR Department of ONE(ish)

Tuesday, September 9 | 3:30pm - 4:45pm |
Gallagher Building

Join us for the Department of ONE(ish) Group!

Connect with fellow HR professionals in similar roles on Tuesday, September 9. This monthly session provides the opportunity to share challenges, strategies, and successes unique to those working in small HR teams (no more than 2 people in HR). Facilitators Jenny Ruggs and Brittany Carolus will continue to offer insights, best practices, and innovative ideas tailored specifically for HR teams of one.

Please note: This space is reserved for HR practitioners only—no consultants or salespeople.

RSVP HERE

Ready to Make a Difference? Volunteer!

Founded in the early 1970s and powered by a passionate team of volunteers, the Tulsa Area Human Resources Association (TAHRA) brings together a diverse community of HR professionals and business leaders. We're currently searching for new volunteers to join our 2026 Board of Directors.

Whether you're interested in board service or looking to get involved with one of our committees, we'd love to connect with you! Simply fill out a brief [interest form here](#).

Want to meet great people at TAHRA events? We're also looking for friendly faces to help with event registration. If that sounds like you, reach out to Cynthia Simmons Taylor at cynthia.simmonstaylor@wallace.design.

Let's shape the future of HR in Tulsa together.



Registration has opened for our annual Employment Law and Practices Seminar. It will be held on Thursday, November 6, 2025 at Tulsa Technology Center, Client Service Center, 3638 S. Memorial Drive in Tulsa, Oklahoma.

As always, we have a great line-up of experienced labor/employment attorneys, who will present on a wide range of timely and important legal and Human Resources topics. This annual event is one of our most popular programs of the year and you do not want to miss a great day of education and networking.

This full-day seminar will provide important education, insights, and strategies to assist employers in navigating the murky waters of employment law compliance and best practices.

[Learn More and Register](#)

Welcome new members!

Dawn Boardman
Cortney Langston - Fuse3 Solutions
Pamela Buchanan - CreditWorks
Megan Chapin - WeStreet Credit Union
Meagan Baughn - Cyntergy
Maria Teresa Plant - Hanwha Advanced Materials Georgia, Inc.
Elizabeth Gilmer - Tulsa Housing Authority

Rebecca Lawson - Xcaliber International LLC
Micah Patrick-Foster - Sagenet
Avis Shawver
Kevin Baum - EMSA
Emily Owens - TTCU
Gretchen Mowry - Arrowhead Consulting
Becky Rostykus - Complete Lawn Care



TAHRA proudly supports SHRM Foundation, the nonprofit arm of SHRM, which mobilizes HR as a force for social good. We believe each of us in HR has the power and opportunity to lead change in the workplace. Together we're building a more inclusive talent pipeline, addressing mental health and wellness, and strengthening the HR field. Get involved to nurture the potential in HR, talent, and workplaces. Donate to make possible the research, toolkits, certificates, and scholarships that help us all thrive together.

[Learn More and Contribute Here](#)

Mark your calendar!

September 9 - HR Dept of 1(ish)

September 17 - Program Meeting followed by Learning Lab (Special day and time)

Save the Date! Thursday, October 23rd for TAHRA Fall Networking Event!

[Calendar](#)



[SHRM Website](#)

[HRCI Website](#)

[OKHR Website](#)

Tulsa Area Human Resources Association | PO Box 140958 | Broken Arrow, OK 74014 US

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