

2026 Oklahoma CUPA-HR Spring Conference

AGENDA

April 15, 2026

8:30 am to 2:30 pm

Rose State College, Midwest City, OK

Board Members

President | Rachel Dsane

Past President | Coral White

Treasurer | Becky Decker

Secretary | Jayde Hightower

Director of Corporate Partner Relations | Coral White

Director of Communication and Member Outreach | William Sprung

At-Large Member | Patrick McClain



Oklahoma
cupa·hr™

Time	Item	Speaker
8:30 am – 9:00 am	Registration	
9:00 am – 9:15 am	Welcome/Announcements	Rachel Dsane, President, OK CUPA-HR
9:15 am – 9:45 am	CUPA-HR Spring 2026 Update	Renee Hiller, Chapter Leader CUPA HR Chapter Council Midwest Region
9:45 am – 10:45 am	Setting Healthy Boundaries at Work	Lyndi Zavy, CEO Rivers & Roads Organizational Development
10:45 am – 11:00 am	Break	
11:00 am – 12:00 pm	Employee Engagement: 70% of the Time, it Works Every Time.	Univ. of Oklahoma Wellness Team
12:00 pm – 1:00 pm	Lunch / Sponsor Networking	

1:00 pm – 1:15 pm

Welcome Back from Lunch/
& Sponsor Giveaways

Rachel Dsane, President, OK CUPA-HR

1:15 pm – 2:15 pm

Wellness Initiatives and Programs

OSU Wellness Team

2:15 pm – 2:30 pm

Drawing for Free Spring 2027
Conference Registration/Sponsor
Thank You's/Wrap-Up

Rachel Dsane, President, OK CUPA-HR