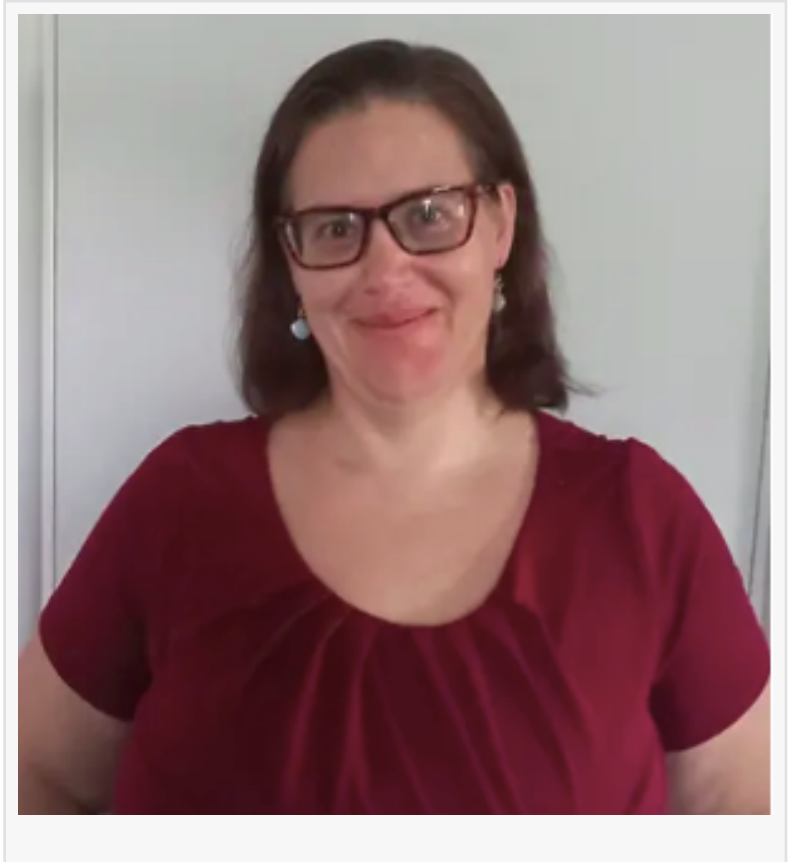


Heather Elizabeth Rieck, Recognized By Influential Women, Serves As Medical Records Tech At Tuscaloosa Veteran Affairs

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/EINPresswire.com/ -- Combining Healthcare Administration, Education, and Organizational Expertise with a Commitment to Learning, Service, and Community

Tuscaloosa, Alabama — Heather Elizabeth Rieck, known as Liz, is a versatile professional whose career has encompassed healthcare administration, education, medical billing and coding, and organizational consulting. With a professional background built on adaptability, problem-solving, and service, Liz has consistently demonstrated an ability to navigate complex environments, develop practical solutions, and support the people and organizations around her.



Liz holds a Bachelor of Business Administration from Indiana University South Bend and a Master of Business Administration from Webster University. Her early professional career was rooted in healthcare, where she gained experience in radiology and healthcare operations through positions with Radiology Incorporated and Health First. Her responsibilities included coding, billing, documentation, and large-scale workflow mapping initiatives.

One particularly significant experience came during a major systems conversion project, when Liz contributed to mapping hundreds of workflows. Her ability to organize complex information and understand how different processes connect made her a valuable contributor during the transition. The experience further strengthened her ability to examine systems, identify how work is performed, and help create structures that allow organizations to function more effectively.

Liz has continued to expand her healthcare expertise. She is a certified medical billing and coding professional through the AAPC and recently completed additional training in medical insurance coding at the University of Central Florida. Recently, she's embarked on a new career as a Medical Records Technician. She is utilizing her previous skills and knowledge to see how she can increase her knowledge as well as pay it forward to new employees.

Before becoming a medical records technician, Liz has served as a substitute teacher with Brevard Public Schools for 6 years. She worked primarily in elementary education. In the classroom, she was known for an engaging, structured, and creative teaching style combining patience and encouragement with high expectations for student growth. Her approach to education was influenced in part by her mother, who served as a Girl Scout troop leader. Liz carries forward the example of leadership, encouragement, and service she witnessed growing up, bringing those qualities into her interactions with students. She often asks her students if they are causing "the right kind of trouble". It is her way of asking if the student has made someone smile, made someone laugh and if they themselves have learned three new things every day.

Alongside her work in education, Liz has maintained a long-standing professional organizing practice since 2009. Through this work, she has helped individuals, schools, and businesses develop practical systems that are tailored to the way they think and work. Her philosophy is straightforward: an effective organizational system should allow people to find what they need within minutes while also being simple enough for them to maintain independently.

Liz attributes much of her success to her mother, who was her greatest source of encouragement and support. Her mother was her confidante and biggest cheerleader, always guiding her through challenges. Although she passed away nearly a decade ago, her influence remains an important part of Liz's life.

When Liz encounters difficulties, she often asks herself how her mother would handle the situation and uses that perspective to guide her decisions. Her mother's favorite phrase was, "We Can Do This!!!" — words that continue to represent the resilience and determination Liz carries with her.

Her mother also taught Liz to have a music playlist for every mood. When Liz faces a challenge, she turns to songs such as "You Haven't Seen the Last of Me" by Cher, "You Gotta Be" by Des'ree, and "Coming Out of the Dark" by Gloria Estefan. She believes in choosing music that strikes a chord, taking a few moments to recenter, and then returning to the challenge with renewed focus.

One of the best pieces of career advice Liz has received is that, in any situation, there are three responses: someone can cry, scream, or laugh. Liz has chosen to lean toward laughter, recognizing that the other options are often unproductive or impractical.

She has also learned to ask herself whether a situation will matter tomorrow. If the answer is no, she tries not to dwell on it. Instead, Liz focuses her energy on what genuinely makes a difference rather than adding unnecessary stress to an already demanding life.

For young women entering any field, Liz encourages them to volunteer whenever possible. She believes volunteering can help individuals get their foot in the door while providing valuable behind-the-scenes experience. She encourages women to ask questions, emphasizing that curiosity is an important part of learning and growth.

Liz lives by the idea that there is no illusion like the illusion of reality, recognizing that perspective shapes what people see. She also embraces Walt Disney's philosophy to "think, believe, dream, and dare." She encourages women to think intentionally, believe in themselves, dream boldly, and then take action to make those dreams a reality.

Liz recognizes both healthcare and education face significant challenges. In healthcare, she identifies the difficulty of breaking into the industry as a major obstacle for newcomers. Many employers require experience, while gaining that experience can be difficult without first being hired, creating a challenging catch-22.

In education, Liz sees the increasing number of responsibilities placed on teachers as a significant concern. Teachers are expected to manage instruction, student support, meetings, grading, professional development, and family responsibilities within limited time. Classroom disruptions can add another layer of difficulty, requiring teachers to balance effective instruction with behavior management.

At the core of Liz's professional and personal philosophy are listening, honesty, and accountability. She believes people should genuinely listen to one another, avoid dishonesty, and extend grace when others are having difficult days. In professional environments, she values open communication and collaborative problem-solving.

Liz believes in taking responsibility for mistakes and being willing to admit when she is wrong. In her view, shifting blame only creates greater problems, while acknowledging shortcomings and learning from them creates opportunities for growth and stronger relationships.

Outside of her professional endeavors, Liz enjoys spending time reading, playing games, and creating meaningful memories with family and friends.

Through her diverse career journey, Heather Elizabeth Rieck (Liz) continues to demonstrate that adaptability and a willingness to learn can open doors across multiple fields. Whether supporting students, organizing complex environments, contributing to healthcare operations, or serving her community, she remains guided by the same principles that have shaped her throughout her life: listen carefully, act honestly, take accountability, and keep moving forward.

with resilience and purpose.

Learn More about Heather Elizabeth Rieck:

Through her Influential Women profile, <https://influentialwomen.com/connect/heather-rieck>

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