Influential Women Spotlights Rebecca Adelman, Esq.: Transforming Risk Management Through Strong Leadership And Advocacy

MEMPHIS, TN, UNITED STATES, September 16, 2026 /EINPresswire.com/ -- Founder, Attorney, Speaker and Healthcare Risk Management Leader Brings More Than Three Decades of Experience to Proactive Risk Reduction, Aging Services Law and Regulation, Senior Living Advocacy, Education, the Advancement of Women in Leadership and Her Trademarked Philosophy of Work-Life Being™



Memphis, Tennessee — Rebecca Adelman, Esq., Founder of Adelman Firm, PLLC, has built a distinguished career at the intersection of law, healthcare, risk management, advocacy, and entrepreneurship, establishing herself as a trusted voice for organizations navigating complex claims, regulatory challenges, and the human realities behind high-stakes decisions. A nationally recognized authority on legal and regulatory risk in healthcare and aging services, she is a sought-after speaker, educator and consultant to operators, insurers, boards and general counsel across regulated and high-stakes industries. With more than three decades of experience, Rebecca has evolved from defending claims to helping organizations identify and address risks before those claims ever arise.

Rebecca founded Adelman Firm, PLLC in 200, a certified Women's Business Enterprise through the Women's Business Enterprise National Council (WBENC). As Founder, she has developed a practice grounded in litigation defense while expanding her work into enterprise risk strategy, claims management, regulatory compliance, quality improvement, and proactive risk reduction. Her experience encompasses long-term care and aging services, medical malpractice,

professional and management liability, labor and employment, and alternative dispute resolution. Adelman Firm provides claims, litigation, and risk management services to the senior living industry, employing the proprietary PRISM model Rebecca designed to proactively mitigate risk, reduce losses, and improve care quality.

Licensed in Arkansas, Illinois, Mississippi, and Tennessee, she also serves as general counsel to multiple organizations.

“By the time a claim arrives, the story has already been written,” Rebecca says. “My work is upstream — in the communication, the expectations and the systems that decide what that story is going to be.”

Rebecca’s career has been defined by a belief that effective risk management is about much more than responding to problems after they occur. It begins with communication, trust, education, and a genuine understanding of the people and organizations involved. That philosophy has helped shape her work in healthcare and senior living while also allowing her influence to extend into other regulated and high-stakes industries.

Her academic and professional credentials reflect the breadth of that career. Rebecca earned a Juris Doctor from the University of Denver Sturm College of Law, a Master’s in Economics from the Université d’Aix-Marseille II in France, and a Bachelor’s in Economics and French from the University of Michigan. She is admitted to the United States Supreme Court and holds attorney licenses in four states. She is also a certified arbitrator. She holds certifications as an NBPA, WNBPA, and FIBA agent — credentials she pursued in order to be part of her son’s journey as a professional basketball player competing overseas.

Rebecca’s professional memberships and affiliations further demonstrate her multidisciplinary approach. She is affiliated with state bar associations in four states, the American Association of Assisted Living Nurses, the National Association of Mediators and Arbitrators, the Claims Litigation Management Alliance, Sports and Entertainment Risk Management and the American Health Lawyers Association. She also serves as associate faculty with Ariadne Labs.

Building a More Proactive Approach to Risk
One of Rebecca’s defining contributions has been her commitment to moving organizations away from a purely reactive approach to risk. Rather than waiting for a claim, dispute or regulatory issue to emerge, she encourages leaders to examine the systems, expectations and relationships that can either prevent problems or contribute to them.

That philosophy is particularly evident in Rebecca’s work in senior living and healthcare. She understands that the quality of care delivered within these environments depends not only on policies and procedures but also on communication between residents, families, caregivers and organizations.

With this perspective, Rebecca founded Guide Path, a national and international certification and training platform designed to align expectations among residents, families and providers in senior living communities. The initiative reflects her belief that clearer communication and shared expectations can play an important role in reducing risk while improving the overall experience of care.

Guide Path has expanded to include a global pilot program, further extending Rebecca's efforts to promote education, communication and proactive approaches to risk across the senior living sector.

Her commitment to education also extends through the Senior Living Empower Hour, a monthly webinar that Rebecca created and hosts. The program advances conversations around innovation, empathy-based leadership and operational excellence in aging services, creating an opportunity for professionals to engage with ideas that can influence both organizational performance and the quality of life experienced by those receiving care.

Rebecca speaks regularly at national and regional conferences, association meetings, board retreats and client education sessions. She is frequently engaged to brief leadership teams and boards on emerging legal and regulatory exposure — including the governance questions raised by the adoption of artificial intelligence in care settings.

Advocating for Connection and Quality in Healthcare
Rebecca believes some of the greatest opportunities in healthcare today involve education, training and meaningful quality improvement in the delivery of care. While the healthcare system faces significant complexity, she sees substantial potential to improve the way care is delivered by strengthening knowledge, communication and connection.

For Rebecca, connection is particularly important when considering the social health of older adults. Isolation can have profound consequences for people living in senior communities, making social connection an important part of a broader approach to physical, mental, emotional and psychosocial well-being.

"Isolation is a clinical risk, not just a sad fact of aging," she says. "When we treat social connection as part of care, we improve outcomes and reduce risk at the same time."

Her leadership philosophy is rooted in service. As a servant leader, Rebecca focuses on initiatives and resources that bring people closer together and address the human needs that exist alongside clinical and operational concerns.

This human-centered perspective is also reflected in her legal and business practice. Rebecca believes that ethical practice and a client-centric model are essential to building organizations that can endure. Her business is guided by a strong ethical and moral code, with the client experience positioned at the center of the work.

Redefining What It Means to Thrive at Work

Rebecca's influence extends beyond traditional legal and risk management conversations. She has also challenged conventional ideas about how professionals should approach their careers and personal lives.

She coined and trademarked the term Work-Life Being™, a deliberate reframing of the more familiar concept of "work-life balance." For Rebecca, balance can suggest the impossible expectation that professional and personal responsibilities must always be perfectly divided. Work-Life Being™ emphasizes presence, integration and sustainability instead.

"Balance assumes a scale that stays level," she says. "Being assumes a life. I would rather be present in mine than spend it adjusting the weights."

The concept reflects Rebecca's broader belief that people should be able to build careers that they can genuinely sustain over a lifetime, and it has become a signature topic in her keynotes and workshops. Through her writing, including contributions for Thrive Global, as well as her speaking and advocacy, she promotes well-being and mental stamina for professionals working in high-pressure environments.

This perspective is deeply connected to Rebecca's own philosophy about success. She encourages people to remain present rather than becoming consumed by the pursuit of a perfectly balanced life or an excessively rigid long-term plan.

For younger women entering her industry, Rebecca recommends having a strategy without becoming trapped by it. A plan can provide direction, but flexibility allows people to recognize unexpected opportunities and respond to circumstances they could not have predicted.

Using Influence to Lift Other Women

Rebecca considers being an influential woman both a privilege and a responsibility. For her, influence is not about status or performance. It is about participating in a community where different women can share their voices, experiences and perspectives.

She believes the power of women supporting women comes from honest storytelling. When women share what they have learned and experienced, those stories can help other women navigate their own journeys with greater confidence.

Rebecca has written about these ideas in her piece Breaking Barriers, which examines the places where change can stall for women, including resistance, drift, silence and fear. She has witnessed women within her community helping one another move through those obstacles by sharing their experiences and demonstrating what is possible.

For Rebecca, that is the essence of influence: one woman seeing another woman take a step and

realizing that she can take that step too.

She also sees her role as part of a larger legacy. The opportunities available to women today exist in part because previous generations of women opened doors and challenged barriers. Rebecca believes today's women have a responsibility to continue that work by speaking up, sharing their experiences and creating hope for those who will follow.

Every woman who tells her story, supports another woman or demonstrates what is possible contributes to that continuing legacy.

A Philosophy Built on Self-Belief

When Rebecca reflects on the foundation of her success, she credits one person above all: her father, of blessed memory.

His unwavering belief in Rebecca taught her to believe in herself. That confidence became a quiet but powerful foundation for her professional journey, giving her the courage to build her own firm, take risks and advocate strongly for the people and organizations she serves.

The career advice she values most is therefore simple: believe in yourself.

For Rebecca, that means trusting her instincts, trusting her business judgment, trusting her decisions and recognizing what inspires her creatively. It also means understanding that no one else can provide the clarity that comes from knowing one's own values and aspirations.

She now works to pass that lesson forward through the leaders she mentors, the clients she represents and the people whose lives and organizations she helps protect.

Rebecca offers similar advice to younger women pursuing their dreams. First, she encourages them to become clear about what they actually want and to ensure those dreams are rooted in their own values rather than someone else's definition of success.

She also encourages women to surround themselves with people who uplift them, challenge them honestly and bring positivity into their lives. And, importantly, she believes people should have fun along the way.

"The dream is the destination, but the laughing along the way—that is the life," she says — a philosophy that places joy and human connection alongside ambition.

Looking Toward the Future of Technology and Leadership

Rebecca recognizes that technology and artificial intelligence will continue to shape healthcare, business and professional life. She sees enormous potential in these tools when they are applied thoughtfully and for the right reasons.

At the same time, she believes technology must be used responsibly. Innovation should help people rather than deepen social or economic disparities. For Rebecca, the challenge and opportunity are therefore intertwined: society must determine how to use artificial intelligence and technology in ways that advance human well-being.

This belief is consistent with her broader approach to risk management. Whether dealing with technology, healthcare, regulation or organizational strategy, Rebecca emphasizes the importance of considering not only what can be done, but how it affects people.

Her work continues to demonstrate that risk management can be both strategic and human-centered. By combining legal knowledge, healthcare experience, business leadership, education and advocacy, she has developed an approach that seeks to help organizations become stronger before challenges become crises.

A Career Defined by Purpose and Service
Rebecca's extensive list of honors reflects the breadth of her influence. Her recognitions include Lawyers of Distinction in 2026, Senior Housing News' Executives to Watch, America's Top 100 Civil Defense Litigators, recognition as one of the 100 Most Influential Memphians, Memphis Business Journal's Super Women in Business, and CIO Views' Top 10 Empowering Women Leaders, among others.

Yet the central themes of Rebecca's career remain remarkably consistent: service, ethical leadership, communication, trust and care.

Her professional journey has taken her from litigation defense and legal advocacy into enterprise risk strategy, healthcare quality improvement, senior living education, mediation, arbitration, sports representation and leadership development. Rather than viewing those areas as disconnected, Rebecca's career demonstrates how legal expertise can serve as a foundation for broader problem-solving and organizational leadership.

At the center of that work is her commitment to people.

Family, health and wellness, faith, friendship, community and ethical practice are values that Rebecca carries across both her professional and personal life. Her son, chosen family and family of origin are deeply important to her, while her commitment to wellness reinforces the philosophy behind Work-Life Being™.

Even the atmosphere of her downtown Memphis office reflects her belief that professional environments can be welcoming and human.

For Rebecca, leadership is ultimately about showing up—being present, listening, sharing knowledge, advocating for others and creating pathways for people to succeed.

As she continues to expand her influence across healthcare, senior living, risk management, education and leadership, Rebecca remains focused on a simple but powerful principle: organizations and careers become stronger when they are built around people.

Her work illustrates that effective risk management is not simply about avoiding claims. It is about creating cultures where communication is encouraged, expectations are clear, people are supported and leaders have the tools to make better decisions.

And her approach to influence carries the same philosophy. Real thought leadership is not built from the top down. It is built from person to person, story to story and woman to woman.

Through decades of professional experience, entrepreneurial leadership and continued advocacy, Rebecca Adelman is demonstrating what it means to build a career with purpose—while helping others find the confidence, connection and courage to build theirs as well.

Speaking, Consulting and Media Topics
Rebecca is available for keynotes, panels, board education, webinars and media interviews on legal and regulatory risk in healthcare and aging services; proactive risk reduction and enterprise risk strategy; aligning expectations among residents, families and providers; artificial intelligence governance in care settings; social connection and the social health of older adults; Work-Life Being™ and sustainable careers in high-pressure professions; and women in leadership, entrepreneurship and business ownership.

Learn More about Rebecca Adelman, Esq.:

Through her Influential Women profile, https://influentialwomen.com/connect/rebecca-adelman or through her website, https://adelmanfirm.com/rebecca-adelman/

Influential Women

Influential Women provides a platform where women from all backgrounds can connect, share their perspectives, and create content that empowers themselves and others. Through storytelling, thought leadership, and creative expression, Influential Women amplifies voices that inspire change.

Editorial Team
Influential Women
email us here

This press release can be viewed online at: https://www.einpresswire.com/article/942730722

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something

we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.
© 1995-2026 Newsmatics Inc. All Right Reserved.