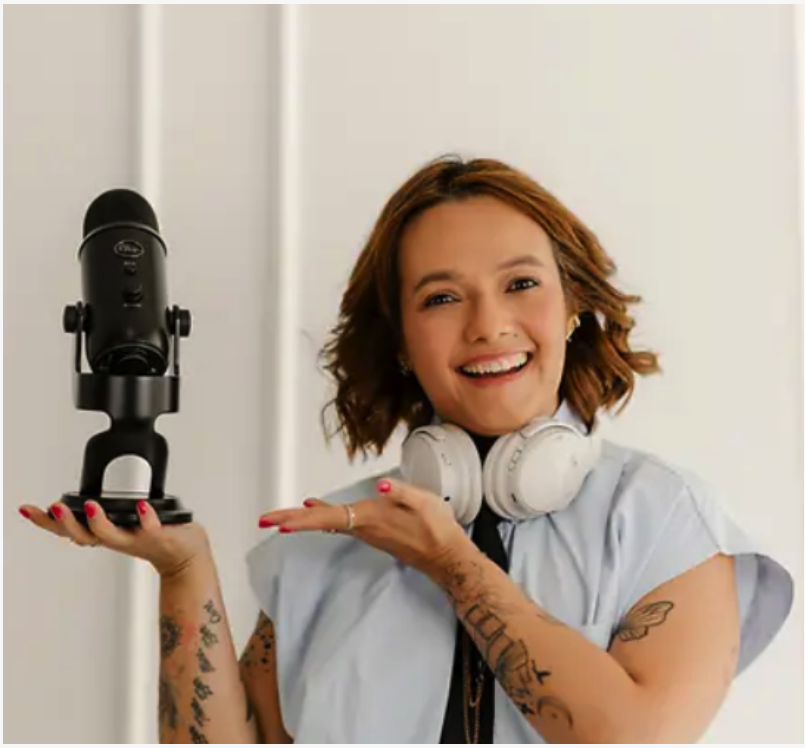
Influential Women Spotlights Karelyn Lopez Rodriguez: Championing Genuine Connection And Integrity In The Workplace



DAVENPORT, FL, UNITED STATES, September 21, 2026 / EINPresswire.com/ -- Empowering Employees Through Recognition, Purpose, and Authentic Leadership

Karelyn Lopez Rodriguez has built a career around one central belief: people do their best work when they feel valued, heard, and connected to a larger purpose. As a Sr. Communications and Employee Recognition Specialist at Included Health, Karelyn brings more than a decade of experience in communications, people leadership, guest experience, and operational excellence to a role focused on strengthening the relationship between an organization and its people.

Originally from Puerto Rico and now based in Davenport, Florida, Karelyn has developed a career defined by service, communication, and a commitment to helping others succeed. Her ability to bridge communication gaps across teams has enabled her to foster clarity, alignment, and engagement while helping employees understand how their individual contributions connect to broader organizational goals.

Karelyn has been with Included Health for five and a half years, beginning her journey as a Member Care Advocate. After gaining frontline experience, she advanced into supervisory positions across member care advocacy teams before transitioning into communications. She has been in her current position for nearly two years and will celebrate her two-year anniversary this August.

In her current role, Karelyn works to ensure that frontline employees feel recognized and connected to the organization. Her responsibilities include reviewing peer recognition submissions, developing internal communications, partnering with leaders on organizational updates, and collaborating across departments to ensure information is delivered in a timely and transparent manner. She also leads employee engagement initiatives, including quarterly recognition trips that bring standout team members to Included Health's San Francisco headquarters.

Another important part of her work is a monthly internal podcast, through which she highlights employees and shares organizational updates. By incorporating multiple communication formats, Karelyn seeks to meet employees where they are and create opportunities for people to feel connected even within a fully remote work environment.

Her professional journey has given her a broad perspective on service and leadership. Before joining Included Health, Karelyn developed a strong foundation in guest experience and people leadership at Walt Disney World, where she served as a Guest Experience Manager in both food and beverage operations and merchandise. Earlier in her career, she worked in education and language instruction in Puerto Rico as a supervisor and English as a Second Language instructor at a language school.

Across these different environments, communication has remained a consistent thread. Whether supporting customers, leading teams, teaching students, or developing internal communications, Karelyn has remained focused on understanding people and creating experiences that help them feel supported.

Her academic background includes a Bachelor of Arts in Liberal Arts with a focus on English from the Universidad de Puerto Rico. She has also completed professional certifications in corporate communications, communications-focused professional development and training, and Foundations of Project Management. In addition, she holds a Cicerone Certified Beer Server credential.

For Karelyn, professional growth has always been closely connected to education and mentorship. She has been particularly inspired by women in leadership and is grateful to have several women in leadership positions at Included Health who have taken on unofficial mentorship roles. These relationships have helped her develop her voice in the workplace and become more confident in how she approaches leadership and communication.

Her motivation also comes from her family and her humble beginnings. Growing up in a very small town and coming from a humble family, Karelyn always envisioned herself doing more. Many of the opportunities she has experienced throughout her career once seemed beyond what she thought was possible. Traveling to her organization's headquarters, having conversations with executives, and beginning graduate school are milestones she never imagined would become part of her journey.

As she continues her education, Karelyn is especially excited about becoming the first person in her family to earn a graduate degree. She views the achievement as more than a personal accomplishment. It represents an opportunity to demonstrate to the younger members of her family, particularly her nieces, that their possibilities are much larger than they may initially believe.

Karelyn wants to be an example for young women who may doubt themselves or struggle to believe they can reach their goals. Her message is straightforward: with dedication, determination, and a willingness to continue learning, they can achieve more than they may think possible.

That philosophy also informs the advice she gives to young women entering communications and related fields. Karelyn emphasizes the importance of remaining committed to education, actively seeking mentorship, and staying open to opportunities that challenge personal and professional growth. She views career development as an ongoing process rather than a destination, with meaningful progress requiring people to continue learning and adapting.

She also encourages young professionals to use their voices. For Karelyn, authenticity is a powerful part of leadership. She encourages women to showcase their projects, preserve the work they create, and recognize that every piece of work represents their individual voice. Whether it is something they write, develop, or contribute to a project, she believes those accomplishments are worth keeping as evidence of their growth and capabilities.

Networking is another lesson Karelyn considers essential. Her professional experiences have shown her how valuable it can be to build genuine connections with others. She encourages young women to connect with people in their industry, seek relationships with other women professionals, and continue expanding their networks.

At the same time, she believes networking and career advancement should never come at the expense of integrity. Karelyn emphasizes that people do not need to become someone else or create a workplace persona in order to succeed. Staying true to personal values, treating others with kindness, and maintaining integrity are qualities she believes will ultimately take people further.

Those principles have become increasingly relevant as Karelyn navigates the changing communications landscape. Among the biggest challenges in her field today is the rapid rise of artificial intelligence. Rather than viewing AI simply as a threat or an advantage, Karelyn is focused on understanding how the technology can work alongside communications professionals and how it can be used responsibly.

She believes artificial intelligence should be viewed as a tool designed to help people rather than simply as a replacement for human work. As organizations adopt AI, communications

professionals have an increasingly important responsibility to establish guardrails, explain what the technology is intended to accomplish, and ensure its use remains connected to organizational values and objectives.

Karelyn sees this shift as creating significant opportunities for communications professionals. She believes the field is experiencing growth because organizations need people who can guide the conversation around AI while ensuring leadership messages remain thoughtful, authentic, and aligned with the organization's mission.

In her view, communications professionals have an important role in making sure organizations do not simply rely on AI-generated messaging without considering how those messages will resonate with employees. Human judgment, empathy, and organizational context remain essential.

Another major challenge is communicating effectively in an increasingly remote workplace. Karelyn recognizes that employees absorb information differently. Some people respond best to visuals, others prefer written messages, while others may connect more effectively through audio. Finding ways to deliver important information so that it reaches different audiences is an ongoing part of her work.

She also focuses heavily on whether leadership messages actually resonate with frontline employees. Sending a message does not necessarily mean that the message has been understood or embraced. Feedback can reveal that employees interpreted an announcement differently than leadership expected, making two-way communication an essential part of effective organizational communication.

For Karelyn, successful communication therefore involves more than simply distributing information. It requires listening, adapting, and creating meaningful connections between leadership and the people closest to the day-to-day work.

At the heart of her leadership philosophy is integrity. Karelyn believes people can remain true to themselves while achieving their professional ambitions. She rejects the idea that success requires stepping over others or treating colleagues as competition. Instead, she believes professionals can support, celebrate, and uplift one another while continuing to move forward themselves.

Recognizing the achievements of others is particularly meaningful to Karelyn given the nature of her current work. She believes celebrating wins, supporting peers, and elevating colleagues creates healthier and more successful workplaces.

Kindness is equally important. Karelyn believes people never truly know what someone else may be experiencing outside of the moment in front of them. Approaching others with compassion and consideration can therefore have a lasting impact.

As Karelyn continues developing her career in communications, employee engagement, and leadership, she remains committed to helping organizations communicate with greater purpose and helping employees feel that their contributions matter. Her journey from Puerto Rico to a growing career in corporate communications reflects the power of education, mentorship, persistence, and authenticity.

Through her work at Included Health, Karelyn Lopez Rodriguez continues to connect people, recognize contributions, and help translate organizational goals into messages that resonate with employees. Her approach is grounded in a simple but powerful conviction: people should not have to compromise who they are to succeed, and workplaces are stronger when individuals choose to support one another, lead with integrity, and make room for others to grow.

Learn More about Karelyn Lopez Rodriguez:

Through her Influential Women profile, https://influentialwomen.com/connect/karelyn-rodriguez

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