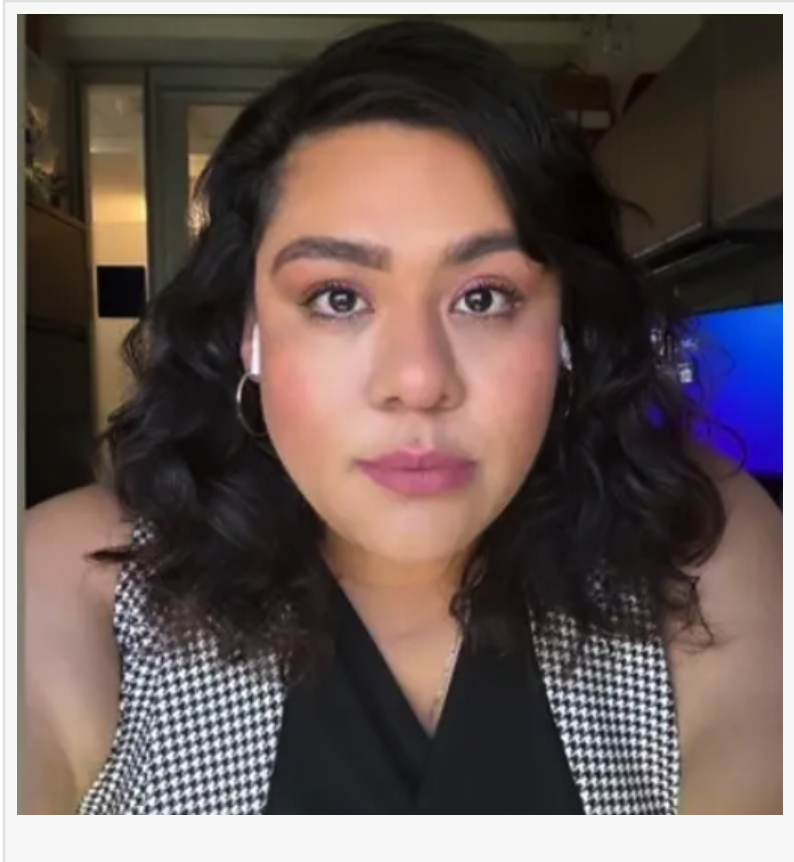


Influential Women Profiles: Alejandra Meneses, Expanding Access To Healthcare Education & Supporting Physician Practices

LOS ANGELES, CA, UNITED STATES, October 14, 2026 /EINPresswire.com/ -- The Healthcare Program Delivery Manager at InStride and Founder of A.Men Admin, LLC Brings Curiosity, Collaboration, and a Commitment to Equitable Opportunity to Healthcare Workforce Development

Los Angeles, California – Alejandra Meneses is a Healthcare Program Delivery Manager at InStride and the founder of A.Men Admin, LLC, with eight years of experience in healthcare education and workforce development. Her career focuses on graduate medical education and allied healthcare, and she is driven by a commitment to equitable opportunities for learning, professional growth, and leadership development. At InStride, she partners with healthcare systems and academic institutions to expand educational pathways and professional development for healthcare professionals. Through A.Men Admin, she provides virtual administrative support to small businesses, nonprofits, and physicians who are launching their own private practices.



Alejandra began her professional journey in graduate medical education in 2018. In those early years, she supported physician residency and fellowship programs at academic medical centers and at a county teaching hospital, gaining a close understanding of how physicians are trained and what it takes to run programs that prepare them for practice. She later moved into healthcare workforce development in the education technology sector, where she now helps organizations create learning opportunities that strengthen their workforce. She finds joy in building new programs for InStride and in supporting client projects through A.Men Admin, and she brings the same energy to both.

Her time in graduate medical education left a lasting impression. During her final week as a graduate medical education program coordinator, the resident physicians she supported surprised her with a farewell, a moment that reminded her how much the work had meant to the people she served. She has said that healthcare will always hold a special place in her heart. Another milestone she treasures is speaking on stage at her commencement from the University of California, Santa Barbara.

Alejandra earned her bachelor's degree from UC Santa Barbara, where she completed a double major in Political Science and Religious Studies with a minor in Global Peace and Security. She went on to earn a Master of Science in Higher Education Administration and Student Development from California Baptist University. She speaks English and Spanish. Outside of her professional work, she is a certified Zumba instructor and is involved in community organizing.

Her colleagues have their own way of describing her approach. Her team calls her the Curious Executioner, a nickname that reflects her focus on executing the work rather than people. Peers and clients describe her as someone who asks the right questions, digs deep, and connects the dots, and they see her as thoughtful, thorough, and relentless. Her approach is collaborative and centered on helping others succeed, and she focuses on building partnerships that strengthen healthcare organizations, empower professionals, and improve access to education and career advancement.

Alejandra attributes her success to mentors who invested in her personal and professional growth. They challenged and encouraged her, and they considered her for new opportunities. She also values her ability to remain calm under pressure, especially on high-risk projects, and her steady, solutions-focused mindset, which helps her work through challenges and consistently deliver strong results.

The best career advice she has received is to prioritize. In complex environments with multiple stakeholders and competing interests and timelines, she has learned the importance of deciding what needs immediate attention and what can take more time. The ability to step back, see the bigger picture, stay objective, and set clear priorities has been essential, particularly when starting something new.

For young women entering healthcare education, Alejandra emphasizes that skills gained in every role and every classroom contribute to a professional identity. She encourages them not to let comparison or self-doubt diminish the impact they have already made, even while they are still growing. Life experience and a varied set of skills build good judgment, even when those skills were developed outside of healthcare. She urges them to stay intellectually curious, because healthcare is interdisciplinary, team-based, and always changing. She also encourages them to be team players and to strive for excellence, since each person's contribution matters and the combined efforts of a team create a culture that delivers quality patient care.

Alejandra sees one of the biggest challenges in her field as bringing together different systems, teams, and stakeholders, each with its own priorities and goals. Success depends on collaboration, clear communication, and finding common ground that benefits everyone involved. She enjoys serving as the bridge between groups, aligning objectives, building consensus, and creating solutions that produce meaningful results for organizations and the people they serve. Her experience on both sides of healthcare education, first inside residency programs and now with an education technology partner, helps her understand what each group needs. She can speak the language of program directors, hospital leaders, and learners alike, and that understanding allows her to translate between them. In her view, the best partnerships are built when every party feels heard and can see how a shared solution supports its own goals, and she works patiently to create those conditions.

Her core values are building strong systems, giving back, and committing to lifelong learning. She sees mentorship as a way to pay forward the support she received and to help others recognize their own potential—a perspective shaped early in her career when she participated in the Knowledge Revealed Mentoring Program straight out of undergrad in 2014. Providing career exploration and educational mentorship to elementary and middle school students laid a foundational blueprint for how she views pipeline programs and early educational access today. Although her work now centers on adult learners in healthcare, that foundational experience reinforced her lifelong commitment to breaking down career barriers so that individuals at every stage can confidently shape their professional identity and have the tools to execute their career goals.

From supporting resident physicians to helping new practices get off the ground, Alejandra has built a career around opening doors for others. Through her leadership, mentorship, and service, Alejandra Meneses continues to expand access to education and opportunity, helping healthcare professionals and the communities they serve grow stronger together.

Learn More about Alejandra Meneses:

Through her Influential Women profile: <https://influentialwomen.com/connect/alejandra-meneses>

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

This press release can be viewed online at: <https://www.einpresswire.com/article/949557004>

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.