

Elizabeth M. Adams



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Practice Areas

Workers' Compensation Defense

Education

J.D., Drake University Law School, 2024

M.B.A., Drake University, 2024

B.A., Simpson College, 2020

Bar Admissions

Iowa, 2024

Nebraska, 2025

Professional Organizations

Iowa State Bar Association

Nebraska State Bar Association

Young Lawyers Division

Iowa Association of Workers'

Compensation Lawyers

Elizabeth "Lizzy" Adams is an associate in the Des Moines office. Lizzy originally joined MVP law as a summer clerk in 2022. Lizzy earned her Juris Doctor as well as her MBA from Drake University Law School in 2024. Lizzy practices in the firm's workers' compensation practice group defending insurers, selfinsured employers, and third party administrators in Iowa and Nebraska.

Lizzy split her time in undergrad between Coe College and Simpson College, ultimately graduating a year early from Simpson College in 2020. Following college Lizzy moved on to her dream of becoming the first lawyer in her family by attending Drake Law School. Her extensive involvement and strength in the classroom led Lizzy to be awarded The Van Ginkel Distinguished Scholar award as well as the Forrest Law Scholarship at Drake University Law school. Lizzy was also awarded the Judith A. Lindquist Distinguished scholarship to help aid her in achieving her Master's in Business Association at Drake University while also completing her JD. During her time at Drake Law School, Lizzy engaged in a multitude of extracurricular activities including the Moot Court Board, Drake Law Ambassador Program, Drake Law Women, Delta Theta Phi Law Fraternity, Young Lawyers Division, Corporate Law Society, and the Christian Legal Society. She also received her student licenses in the state of Iowa while in law school to help aid in the representation of indigent individuals through her time at the Drake Law School Civil Law Clinic.

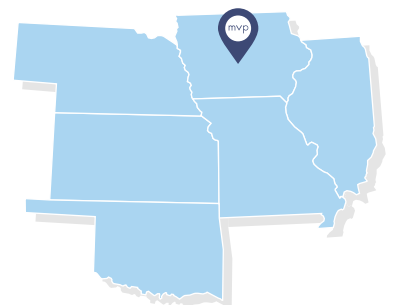
Outside of fulfilling her legal dreams, Lizzy spends her most of her free time with her fiancé Kevin and their two puppy children Molly and Lulu. Lizzy also loves to work in the kitchen on her next latest and greatest recipe creation, help her parents with their small business, coach and judge mock trial teams, and teach young adults about business and law through various mentorship programs with her alma mater.

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