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Adam Ross received a Bachelor of Arts degree with General Honors from the University of Miami in 1987. He received a Juris Doctor degree from the University of Miami in 1990. Adam was admitted to the Florida Bar in 1990. He represented employers and insurance carriers in the field of workers' compensation from 1990-2016. Adam was Staff Counsel for Travelers Insurance Company from 1994-2016.

He was certified as a circuit mediator in 2016. Adam has been a workers' compensation mediator for the state of Florida in the Fort Lauderdale District Office of the Judges of Compensation Claims since 2016. He joined the Board of Directors of the Professional Mediation Institute (PMI) in 2018.