

Ryan T. Sulkin

Team Lead, Data Privacy &
Cybersecurity Practice Group

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Overview

Ryan's practice resides squarely at the intersection of technology and data. He negotiates technology transactions involving SaaS, cloud, software development, and outsourcing arrangements, and counsels organizations in highly regulated industries on data privacy, cybersecurity, trade secret protection, and data governance strategies.

He also provides risk-based and actionable legal counsel to clients on data privacy and cybersecurity matters across a wide range of data-rich, highly regulated industries, including financial services, payments, health care, higher education, retail, hospitality, and technology. Additionally, Ryan's cybersecurity experience includes designing security programs to protect trade secrets and building data governance programs that have addressed the proper management of trade secrets. He regularly advises clients with respect to CCPA, CPRA (and similar laws emerging in numerous US states), GDPR, HIPAA, GLBA, TCPA, FCRA, COPPA, CAN-SPAM, PCI-DSS, NYDFS, data breach notice laws, and cross-border matters involving global laws and regulations.

Ryan's privacy and cybersecurity counseling often weaves in data management best practices in order to assist clients with building long-lasting internal governance structures for managing data throughout its entire lifecycle, with a focus on core issues such as ownership, licensing, data mapping, data subject rights, record retention, third party vendor management, training, access controls, and secure data destruction. In addition, for the entirety of his career, Ryan has supported clients through data breach response and data breach mitigation efforts, including preventative cybersecurity risk assessments and follow-on implementations. He brings a calm and measured approach to all cybersecurity situations.

Ryan's matters are often multinational in nature and frequently involve emerging technologies, including fintech, Internet of Things (IoT), and connected medical devices. He is a trusted advisor to numerous well-known global consumer and business-to-business brands and invests the time necessary to learn the technologies, business processes, and goals of each of his clients in order to deliver tailored legal advice. A former in-house attorney, Ryan brings a strategic, pragmatic, and business-minded approach that has earned trust and enduring loyalty from his clients.

Representative Matters

- Advised TowerBrook Capital Partners in acquiring a majority stake in Rael, a leading women's wellness brand focused on holistic cycle care.
- Represented MyFitnessPal, a portfolio company of Francisco Partners, in its acquisition of Cal AI, the founder-led AI-powered calorie counting app.

Credentials

EDUCATION

- Harvard University Law School, 2004, Juris Doctor
- Northwestern University, 2001, Bachelor of Journalism, *summa cum laude*

BAR & COURT ADMISSIONS

- Illinois

Awards & Recognition

- Named, 500 Leading Global Cyber Lawyers, 2026
- Next Generation Lawyer, *The Legal 500*, 2018

News & Insights

- The Privacy Patchwork Grows: Alabama, Louisiana, Oklahoma, and Vermont Join the Compliance Landscape
  October 12, 2026 | Client Alerts & Insights
- Ryan Sulkin Quoted in Digital Health Insights on AI-Driven Cybersecurity Risks in Healthcare
  September 18, 2026 | Media Mentions

- Emerging Enforcement Trends in Digital Health Data Privacy: Lessons from Washington's My Health My Data Act, FTC vs. Hims & Hers and UCHealth Enforcement Actions
  August 31, 2026 | Client Alerts & Insights
- Benesch Advises TowerBrook Capital Partners on Its Investment in Rael
  August 24, 2026 | Press Releases
- Connecticut Broadens Data Privacy Act Requirements Effective July 1, 2026
  June 3, 2026 | Client Alerts & Insights
- Benesch Partner Ryan Sulkin Named to 2026 Lawdragon 500 Leading Global Cyber Lawyers
  May 18, 2026 | Press Releases
- Benesch Advises MyFitnessPal on Acquisition of Cal AI, the Viral Calorie App
  March 5, 2026 | Press Releases
- Connecticut Attorney General Issues $85,000 Penalty for Deficient Privacy Policies
  July 14, 2025 | Client Alerts & Insights
- Ryan Sulkin Quoted in Bloomberg Law on Oregon's Ban of Precise Geolocation Data
  June 25, 2025 | Media Mentions
- The New Frontier of California Privacy Enforcement: A Tougher Era for Data Brokers
  March 11, 2025 | Client Alerts & Insights

Speaking & Events

PAST EVENTS

- AI Selection & Deployment - Operational and Regulatory Considerations | Ryan T. Sulkin, Jonathan R. Todd
  December 18, 2024 | Speaking Engagement
- Cybersecurity: Interdisciplinary Tips on the New Regulatory Landscape for In-house Counsel | Aslam A. Rawoof, Ryan T. Sulkin
  September 25, 2024 | Speaking Engagement
- Cybersecurity: Interdisciplinary Tips on the New Regulatory Landscape for In-house Counsel
  September 12, 2024 | Speaking Engagement
- Data Privacy Hot Topics | Ryan T. Sulkin
  September 11, 2024 - September 11, 2025 | Speaking Engagement
- Post-Dobbs Updates - What Every Employer Needs to Know Now | Holly F. Gross, Margo Wolf O'Donnell, Shaylor Steele, Ryan T. Sulkin, and Mark J. Silberman
  September 7, 2022 - September 8, 2022 | Firm Events