

BEKI HOWLETT

ATTORNEY | ADVISOR | EDUCATOR

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EDUCATION

MINISTERIAL AND RELIGIOUS STUDIES PROGRAM (*in progress*)

Unity Worldwide Spiritual Institute
2024 – Present

CONTEMPLATIVE PRACTICES TEACHER CERTIFICATION

Nature Center for Meditation
2020

JURIS DOCTOR, *cum laude*

Tribal Lawyers Certificate
University of Kansas
School of Law
2014

B.S., JOURNALISM B.A., ENGLISH, *cum laude*

University of Kansas
2011

CAREER

HIGHLIGHTS

Well-Being Advocacy:
Delivered ethics trainings for 12,500+ professionals.

Innovative Leadership:
Pioneered programs to promote mindfulness in law.

Spiritual Studies: Certified Contemplative Practices Teacher pursuing ministry

PROFESSIONAL SUMMARY

Multifaceted professional educator, well-being leader, and spiritual counselor with 10+ years' experience in relationship building, advising, and oversight. Trauma-informed facilitator committed to fostering innovative well-being and spiritual development initiatives. I am pursuing ordination, actively completing certified Spiritual Education & Enrichment coursework.

KEY COMPETENCIES

- **Administration:** 10+ years' experience overseeing internal operations, budget, and strategic planning.
- **Leadership & Programming:** Creates and leads inclusive, trauma-informed professional development and ethics courses.
- **Relationship Building:** Facilitates collaborative partnerships across university, student, and professional communities.
- **Cultural Awareness:** Extensive experience working with Native American communities of diverse religious and spiritual traditions.

EXPERIENCE

SPIRITUAL LEADERSHIP & PASTORAL EXPERIENCE

CONSCIOUS LIVING ADVISORS LLC - Lawrence, KS
Founder and CEO, July 2024 – Present

Created [newbeki.com](https://www.newbeki.com) to foster personal growth and spiritual development.

- Promotes holistic well-being by integrating contemplative practices and practical life skills for positive transformation.
- Lends compassionate emotional support and accountability.
- Promotes self-reflection, awareness, and interfaith understanding.

UNITY OF LAWRENCE - Lawrence, KS

Speaker and Worship Assistant, Jan. 2023 – Present

Serves inclusive spiritual community honoring all faiths, backgrounds, ethnicities and diverse expressions of individuals and families.

- Assists worship services for interfaith congregation by delivering spiritual messages and leading community meditation and prayer.
- Contributes to strategic planning for spiritual enrichment events.
- Served as Treasurer and oversaw the budget and review/revision of financial bylaws, policies, and procedures.

SKILLS

JOB SPECIFIC

- Executive Leadership
- Student Well-Being
- Spiritual Advising
- Contemplative Practices Training

INTERPERSONAL

- Collaboration
- Cultural Awareness
- Community Building

ADMINISTRATIVE

- Strategic Planning
- Financial Oversight
- Program Development
- Project Management

VOLUNTEER

Treasurer

Unity of Lawrence
2023

Student Mentor & Coach

Univ. of Kansas School of Law
2019 – 2024

KT Proud LGBT Liaison

Kilpatrick Townsend &
Stockton LLP
2016 – 2017

Executive Board Member

National Native American
Bar Association of
Washington, D.C.
Young Lawyers Committee
2015 – 2017

PROGRAM DEVELOPMENT & ADMINISTRATION

THE LEGAL BURNOUT SOLUTION LLC - Kansas City, KS

Director of Attorney Well-Being, April 2020 – Present

As co-founder of legalburnout.com, built and manages an inclusive, mindfulness-based legal education platform serving 12,500+ lawyers.

- Develops and teaches practical, skills-based training to promote holistic well-being and destigmatize mental health concerns.
- Maintains partnerships with 50+ professional organizations.
- Oversees budget, strategic planning, and business administration.
- Co-author of 30+ articles on well-being and holistic health.

UNIV. MISSOURI-KANSAS CITY SCHOOL OF LAW - Kansas City, MO

Truman Fellow, Nov. 2022 – Nov. 2023

Led strategic planning and project administration to expand free legal services for low-income entrepreneurs and nonprofits in Kansas City.

- Developed and implemented consistent, efficient policies and procedures for new initiatives.
- Built collaborative professional networks and managed relationships with 15+ community partners.
- Negotiated and drafted Memorandum of Understanding between University and nonprofit partners.

STUDENT ADVISING & MENTORSHIP

UNIV. OF KANSAS SCHOOL OF LAW - Lawrence, KS

Adjunct Faculty, Aug. 2019 – May 2020

Recruited to teach Federal Indian Law and coach moot court students.

- Developed a legal course curriculum based in cultural awareness.
- Mentored students from varied cultural and religious backgrounds
- Led meditation programs to support student well-being.
- Coached award-winning student advocacy team.

CROSS-CULTURAL COLLABORATION

NAVAJO NATION DEPARTMENT OF JUSTICE - Window Rock, AZ

Outside Counsel, Oct. 2017 – March 2019

Reporting to the Attorney General, supported Navajo public safety partners to implement the Diné Action Plan and carry out community priorities.

- Led monthly interdisciplinary working group of diverse community stakeholders to foster collaboration and consensus building.
- Organized Public Safety Summit for 275+ in-person attendees.
- Secured \$1.9 million in federal grant funding for non-profit domestic violence initiatives serving Diné communities.

KILPATRICK TOWNSEND & STOCKTON LLP - Washington, DC

Department Attorney, Sept. 2015 – Oct. 2017

Sole junior attorney supporting 6 senior attorneys in the Native American litigation practice group and the Government Relations team.

- Drafted internal policies and procedures for tribal governments.
- Accompanied tribal clients to congressional meetings and events.
- Assisted broadly on full-service legal representation of tribal clients, including complex legal research, analysis, and drafting.

RÉSUMÉ ADDENDUM

SELECTED PUBLICATIONS

- [“From Scared to Sacred,”](#) Unity of Lawrence, Aug. 18, 2024.
- [“The Business Case for Attorney Well-Being,”](#) *American Bar Association GPSolo eReport*, June 2024.
- [“Creating the Law Firm of the Future: Navigating the Legal Ethics of Artificial Intelligence,”](#) *American Bar Association GPSolo eReport*, April 2024.
- [“A Guide to Self-Compassion for Lawyers,”](#) *American Bar Association GPSolo eReport*, Feb. 2024.
- [“I’m So Tired...But Not of the Law: Innovative Strategies to Address Attorney Burnout,”](#) *American Bar Association Litigation Journal*, Winter Issue 2024.
- [“The Legal Burnout Solution: Tips for Reducing Holiday Stress,”](#) *ABA GPSolo eReport*, Dec. 2023.
- [“The Calming Influence of Pets & Animals in the Legal Environment,”](#) *ABA GPSolo eReport*, Oct. 2023.
- [“How Engaging with Animals Can Bolster Attorney Well-Being,”](#) *ABA GPSolo eReport*, Aug. 2023.
- [“ChatGPT: What Lawyers Need to Know Before Using AI,”](#) *ABA GPSolo eReport*, June 2023.
- [“Setting Healthy Boundaries with Clients,”](#) *ABA GPSolo eReport*, April 2023.
- [“Practical & Ethical Considerations for Lawyers with Health Concerns,”](#) *ABA GPSolo eReport*, Feb. 2023.
- [“How to Improve Well-Being Through Gratitude,”](#) *ABA GPSolo eReport*, Dec. 2022.
- [“Healthy Lifestyle Tips for Lawyers to Maintain Wellness and Well-Being,”](#) *ABA GPSolo Magazine*, Oct. 2022.
- [“Mindfulness Training to Increase Wellness and Well-Being,”](#) *ABA GPSolo Magazine*, Oct. 2022.
- [“How to Identify and Manage Attorney Anxiety,”](#) *ABA GPSolo eReport*, Aug. 2022.
- [“Creating the Law Firm of the Future: Improving Communication,”](#) *ABA GPSolo eReport*, June 2022.
- [“How Childhood Trauma Impacts Lawyers and Their Clients,”](#) *ABA GPSolo eReport*, April 2022.
- [“How to Mindfully Take Care of Your Digital Life,”](#) *ABA GPSolo eReport*, March 2022.
- [“How to Improve Lawyer Self-Esteem,”](#) *ABA GPSolo eReport*, Feb. 2022.
- [“A Guide To Making and Keeping New Year’s Resolutions,”](#) *ABA GPSolo eReport*, Jan. 2022.
- [“Tips to Prevent Burnout,”](#) *The Answering Legal Lawyer’s Guide*, Jan. 2022.
- [“How to Make Time for Yourself,”](#) *ABA GPSolo eReport*, Dec. 2021.
- [“Creating the Law Firm of the Future: Combating Age Bias,”](#) *ABA GPSolo eReport*, Nov. 2021.
- [“Strategies for a Trauma-Informed Law Practice,”](#) *ABA GPSolo eReport*, Oct. 2021.
- [“Strategies to Prevent Burnout and Prioritize Your Well Being,”](#) *ABA GPSolo Magazine*, GP Mentor Series, Sept./Oct. Issue 2021.
- [“Lawyer Suicide Awareness and Prevention,”](#) *ABA GPSolo eReport*, Sept. 2021.
- [“Health and Well-Being for Lawyers: The Time is Now!”](#) *ABA GPSolo eReport*, Aug. 2021.
- [“A Mindful Approach to Email,”](#) *ABA GPSolo eReport*, July 2021.
- [“How Secondary Trauma Impacts the Mental Health of Legal Professionals,”](#) *ABA GPSolo eReport*, June 2021.
- [“Addressing Mental Health in the Legal Field,”](#) *ABA GPSolo eReport*, May 2021.
- [“Eliminating Implicit Bias among Lawyers, Part 2,”](#) *ABA GPSolo eReport*, April 2021.
- [“Eliminating Implicit Bias among Lawyers, Part 1,”](#) *ABA GPSolo eReport*, March 2021.
- [“A Mindful Approach to Professionalism and Civility,”](#) *ABA GPSolo eReport*, Feb. 2021.
- [“Substance Use Disorder: An Open Conversation,”](#) *ABA GPSolo eReport*, Jan. 2021.
- [“The Legal Burnout Solution: Getting Serious about Legal Burnout,”](#) *ABA GPSolo eReport*, Dec. 2020.

GUEST PODCAST APPEARANCES

- [“Lawyer Wellness and Well-Being is Possible . . . Really!”](#) *ABA GPSolo Podcast*, Guest, Jan. 2023.
- [“Lawyers Share The Secrets to Overcoming Occupational Burnout,”](#) *Everything Except the Law Podcast*, Guest, Dec. 14, 2020.
- [“How To Protect The Health of Your Practice and Yourself During a Pandemic and the Rest of Your Lives,”](#) *Solo Practice University*, Guest, Dec. 14, 2020.

PODCAST CO-HOST

- [“Creating Conditions for Well-Being in the Legal Profession,”](#) *The Legal Mindset Corner*, Co-Host, June 2024.
- [“Exploring the Psychology of Lawyer Behavior,”](#) *The Legal Mindset Corner*, Co-Host, May 2024.
- [“Discussing the High Risk of Suicide Among Lawyers and Contributing Factors,”](#) *The Legal Mindset Corner*, Co-Host, April 2024.
- [“Eliminating Barriers for Lawyers Seeking Help,”](#) *The Legal Mindset Corner*, Co-Host, March 2024.
- [“Exploring a Multi-Dimensional Model of Well-Being,”](#) *The Legal Mindset Corner*, Co-Host, Feb. 2024.
- [“Suicide Awareness and Cultivating Workplace Well-Being,”](#) *The Legal Mindset Corner*, Co-Host, Jan. 2024.
- [“Fostering Empowerment & Respect While Representing Vulnerable Clients,”](#) *The Legal Mindset Corner*, Co-Host, Dec. 2023.
- [“Lawyer Wellness Tips For the Holiday Season,”](#) *The Legal Mindset Corner*, Co-Host, Nov. 2023.
- [“The Positive Impact of Pets on Attorney Mental Health,”](#) *The Legal Mindset Corner*, Co-Host, Oct. 2023.
- [“What Attorneys Need to Know About Implicit Bias,”](#) *The Legal Mindset Corner*, Co-Host, Sept. 2023.
- [“Taking a Proactive Approach Towards Lawyer Wellness,”](#) *The Legal Mindset Corner*, Co-Host, Sept. 2023.
- [“Improving Our Life and Career. One Step at a Time.”](#) *The Legal Mindset Corner*, Co-Host, Aug. 2023.
- [“Sharing the Latest on AI and Impact on the World of Law,”](#) *The Legal Mindset Corner*, Co-Host, June 2023.
- [“The Legal Mindset Corner, Episode 1,”](#) *The Legal Mindset Corner*, Co-Host, May 2023.

SELECTED VOLUNTEER PRESENTATIONS

- “How to Take Charge of Technology - Ethically and Mindfully,” American Bar Association, May 23, 2024.
- “The Mindful Approach to Addressing Mental Health Issues in the Legal Field,” Vermont Paralegals Organization, April 11, 2024.
- “Preventing Burnout & Prioritizing Personal Well-Being,” University of Missouri-Kansas City School of Law, Sept. 21, 2022.
- “Take Charge of Your Technology Ethically & Mindfully,” Association of Continuing Legal Education, June 29, 2022.
- “How Secondary Trauma Affects Attorney Mental Health,” American Bar Association, May 24, 2022.
- “Mindfulness for CLE Professionals: How to Protect Your Career and Your Health,” Association of Continuing Legal Education, Dec. 17, 2020.
- “How Mindfulness Can Help You Avoid Legal Burnout, Continue to Competently Perform Legal Services, and Remain Ethically Compliant,” American Bar Association, October 6, 2020.
- “Mindfulness for Lawyers,” Chattanooga Bar Association, July 15, 2020.
- “Mindfulness for Lawyers,” Louisville Bar Association, June 23, 2020.
- “Take Charge of Your Time & Life!,” Pennsylvania Bar Association Solo & Small Firm Section, May 28, 2020.
- “Mindfulness for Lawyers,” Oklahoma Bar Association, May 20, 2020.
- “Meditation and the Law Student,” University of Kansas School of Law, September 2019.

HOBBIES & RECREATION

Birding; Hiking; Singing; Reading; Yoga.