PRESS PACK · AUTHENTICALLY SPEAKING

Hannah Beko

Commercial property solicitor, ICF ACC accredited coach, author and podcast host



High-resolution photos: hannah-beko-headshots.zip

SHORT BIO

Hannah Beko is a commercial property solicitor, ICF ACC accredited coach and the founder of Authentically Speaking (2016). She trains and coaches lawyers and law firms on burnout, wellbeing and sustainable leadership. Hannah is the author of *The Authentic Lawyer* (2022) and hosts *The Practice Room with Hannah Beko* podcast.

Medium bio

Hannah Beko is a commercial property solicitor with around 20 years in the profession, and the founder of Authentically Speaking, which she set up in 2016 to help lawyers and law firms build careers that last. An ICF ACC accredited coach, she trains and coaches lawyers, from trainees to partners and leadership teams, on burnout, wellbeing and sustainable leadership. Her approach is honest and practical, shaped by her own experience of chronic stress and burnout, which featured in *The Times* in April 2025. Hannah is the author of *The Authentic Lawyer* (2022), co-author of *Future Proof Your Legal Career* (Globe Law & Business) and host of *The Practice Room with Hannah Beko* podcast. She lives in Bollington, Cheshire, and works from her office in Manchester.

What Hannah talks about

- **Authenticity: a lawyer's superpower.** Being yourself at work, and how it helps performance, client relationships and wellbeing.
- **Overcoming overwhelm.** What overwhelm is, and practical steps to get it back under control.
- **Time and energy management.** It's not about time, it's about energy.
- **Stress, burnout and recovery.** Spotting the signs in yourself and others, and what actually helps.
- **Authentic confidence and raising your profile.**

At a glance

- Commercial property solicitor for around 20 years, and still practising
- ICF ACC accredited coach (International Coaching Federation)
- Founder of Authentically Speaking (2016)
- Author of *The Authentic Lawyer* (2022)
- Co-author of *Future Proof Your Legal Career* (Globe Law & Business)
- Host of *The Practice Room with Hannah Beko*

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Selected press

The Times, April 2025
"Hannah Beko: 'I burnt out — meditation helped me change my life'", interview by Catherine Baksi

Law Society Gazette, July 2025
"It's OK for lawyers (and Rachel Reeves) to cry in public", opinion piece

Brainz Magazine
Executive Contributor

For Legal (For Media Group)
Contributor

Modern Woman
Featured coach and mentor profile

Realm Recruit
Realm Talks To… Hannah Beko

Lawbore, 2020
Mental Health & Wellbeing Interviews

Podcast guest spots

This Legal Life, April 2025
Purpose, Burnout, and the Business of Being Well

Notes to My (Legal) Self, November 2024
Why Authenticity Matters in Law

You Are A Lawyer, April 2024
How to Be More Authentic in Your Career

The Student Lawyer Podcast, March 2024
Authenticity and wellbeing in the legal profession

She Rebel Radio, October 2023
Writing for Authenticity

Legally Speaking Podcast
How to Be a Lawyer and Do It All

Hannah's own show: *The Practice Room with Hannah Beko*

Recent speaking

- **Institute of Barristers' Clerks Conference**, Cardiff, September 2026: The Sustainable Clerk: Protecting Performance, Preventing Burnout
- **ILFM Annual Conference**, The Law Society, London, September 2026: Staying Human Under Pressure
- **The Legal Heart**, Bristol (September 2026) and Manchester (February 2026): Staying Authentic and Human
- **The Load We Carry: 10 Years of Changing the Conversation**, Manchester, July 2026: host and speaker
- **CILEX Connect & Grow**, Sheffield, June 2026: Managing stress, burnout and imposter syndrome
- **Clio Innovate Legal Summit**, London, April 2026: panel, Building Law Firms People Want to Work For
- **Coaching Advocates Human Sustainability in Law Summit**, March 2026: co-organiser and speaker
- **For Legal webinar**, January 2026: Burnout for Leadership
- **Devon & Somerset Law Society Family Conference**, Exeter, January 2026: Psychological Safety in Law
- Plus in-house training for leading UK and international law firms

FOR INTERVIEWS, COMMENT OR SPEAKING

Hannah is happy to talk about burnout, wellbeing and life in the law.

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