



Associate, Kansas City

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Lauren H. Beck is an associate in the Overland Park, Kansas, and Kansas City, Missouri, offices of Jackson Lewis P.C. Her practice focuses on representing employers in workplace law matters, including preventive advice and counseling. Lauren uses her prior experience representing employees in workplace law matters to help employers avoid litigation and to defend employers in all stages of employment litigation and arbitration.

Practices

- Restaurants
- Retail
- Litigation
- Wage and Hour
- Restrictive Covenants, Trade Secrets and Unfair Competition
- Corporate Governance and Internal Investigations

Education

- University of Missouri, Kansas City School of Law, J.D. 2020
- University of Kansas, B.M.E. 2015

Admitted to Practice

- 10th Circuit Court of Appeals 2023
- Kansas - D. Kans. 2020
- Missouri - E.D. Mo. 2020
- Missouri - W.D. Mo. 2020
- Kansas 2021
- Missouri 2020

Lauren's interest in employment law started during her first year of law school, when her legal writing class appellate brief and oral argument prompt involved disability discrimination and retaliation claims, and she discovered this was an area of the law that she was passionate about. Since then, Lauren's practice has focused almost exclusively on workplace law matters, including claims involving discrimination, harassment, retaliation, wage and hour, OSHA compliance, and restrictive covenants in both state and federal courts and before administrative agencies.

While attending law school, Lauren interned for the Honorable Judge Beth Phillips in the U.S. District Court for the Western District of Missouri, where she gained invaluable insight into the court system and what goes on behind the scenes during litigation. Lauren also competed with the University of Missouri-Kansas City's Mock Trial Team, including participating in the Missouri Attorney General's Cup, the National Criminal Justice Trial Competition, and Battle of the Experts. Lauren has been able to use her experience with mock trial in second-chairing both bench and jury trials.

Before going to law school, Lauren obtained her Bachelor of Music Education, qualifying her to teach K-12 choir, band, and orchestra. Lauren then spent two years teaching elementary music in Kansas City, as well as voice and piano lessons to students of all ages. Lauren's experience teaching helped to teach her how to deliver client service based on each client's unique needs and goals, just as you would with students, and created her passion for educating others, whether that be about music or employment law.