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Beth Allen is an ERISA attorney at Allen Benefits Law. She advises employers, plan sponsors, and benefits professionals on the legal obligations imposed by federal and state benefits-related laws. She started her career as an investigator for the Dallas Regional Office of the Department of Labor's Employee Benefits Security Administration and worked as benefits compliance counsel at an international brokerage for several years. She enjoys helping professionals make sense of all the regulations and litigation surrounding employee benefits.

Beth holds a Bachelor of Arts in government from the University of Texas at Austin and a Juris Doctorate from Southern Methodist University Dedman School of Law. She is a member of the Dallas Bar Association, State Bar of Texas, and American Bar Association. She also holds the Certified Employee Benefits Specialist (CEBS) designation and serves as an online course instructor of the CEBS Directing Retirement Plans 1 (RPA1) course.