Beth Cawood Overman is a native of Kentucky and a graduate of Transylvania University in Lexington. She moved to Washington, DC, after graduating from Transy, and spent five years working on Capitol Hill for former U.S. Senator Wendell Ford of Kentucky, the Democratic Whip of the U.S. Senate. Upon Senator Ford's retirement, Beth was recruited by newly elected U.S. Senator Blanche Lincoln of Arkansas, the youngest woman ever elected to the U.S. Senate, and spent two years as a member of her team. Beth then returned to Lexington and spent two years working for the American Cancer Society, where she played an integral role in the passage of Lexington's smoking ban. Beth joined the staff of Ben Chandler upon his election to Congress in February 2004, and remained on his team throughout his 9-year tenure in Congress. Beth was named the Community Relations Director for Mayor Jim Gray in February 2013, and held that position until being named the Purchase of Development Rights (PDR) Program Director in January 2014.

Beth and her husband, Bill, live in Lexington and have two children ages 10 and 14, both of whom are participating in the Spanish Immersion Program.