Beheshteh is currently a pupil at Goldsmith Chambers. She is a scholar of the Inner Temple and holds a BA in Theology from King's College London, the GDL and BPTC from the University of Law, and an LLM in Human Rights from SOAS.

Beheshteh has worked with both children and adults. While studying law, Beheshteh represented excluded school children before both Governors and an Independent Review Panel. She volunteered at The Howard League for Penal Reform, a charity which advocates for and provides legal advice to children and young adults. In addition, Beheshteh was previously a Director of Vocalise, an award-winning programme which teaches debating in prisons, and has taught adults at both HMP Scrubs and HMP Holloway. Outside of the law, Beheshteh helped run a children's educational centre and she facilitated workshops designed to empower women in their local communities.

Beheshteh is the Co-Editor of www.pupillageandhowtogetit.com, a website which hosts a comprehensive guide to obtaining pupillage. The guide contains the corralled wisdom of pupils, juniors and senior barristers across all areas of law. The impetus for this project was Beheshteh's desire to de-mystify the application process and to encourage those from "non-traditional" backgrounds to apply to the Bar.