

Historian/Secretary - Becky Mentzer

Becky is a Professional Development Trainer and Career Counselor in private practice. She customizes training workshops for various organizations on topics such as stress and resiliency, work-life balance and managing expectations. With years of experience utilizing the Myers-Briggs personality indicator, Becky uses it with individuals and groups to help others with communication, teamwork, and career congruence. Becky's career began after completing her degrees at Illinois State as a nontraditional student. She has worked as an Addictions Therapist and Trainer for Chestnut Health Systems, a Career Counselor for Illinois Wesleyan University and was an instructor, advisor and workshop presenter at Illinois State University's Honors Program. Becky holds an M.S. and B.S. from the department of Psychology at Illinois State University and is a Licensed Clinical Professional Counselor. Becky is active in the community and her church, and enjoys traveling with her husband, reading, knitting, spending time with her three adult children and their families, and is especially proud of her eight grandchildren. Yes, she has pictures...