



More Than a Membership — A Community That Helps You THRIVE

Kathleen Walsh

It seems like every week I am getting another invite to join a “women’s group.” There are necessary dues to pay and meetings to participate in! I simply delete the invite and lean into my relationships that I have built through THRIVE.

A few years ago, I joined the North Shore Chamber of Commerce. What I did not realize at the time was that this was as much about ME as it was about the YMCA of Metro North.

Let’s face it, as we age, we become more set in our ways, more focused on our future and certainly more selective in the company that we keep. By joining THRIVE, I have met some AMAZING ladies and even now have an accountability partner for my one-year bucket list. Why only one year, you might ask? Let’s just say I am heading into a milestone birthday, and I am going to go in celebrating what I have accomplished rather than focusing on the unexpected chin hair that emerges daily.

Patti Beckwith has agreed to join me on my journey to wrap up this list by donating platelets, tipping excessively for the fun of it (I mean EXCESSIVELY), sampling a new house of worship that is not my traditional Catholic religion and reading a book a month.

In addition, because of the THRIVE network, I now have a hairdresser who can radically change my cut (and color...gasp) which is one of my list items, as well as partners to play in two golf tournaments.

Simply put, THRIVE is more than a name. It is a group of 400 plus women that can help you problem solve, promote your business or even set you up on a blind date (hint, hint). Use all of its resources, attend the events and share your brand at every opportunity!

This month’s edition focuses on YOU. As the seasons change, so do our moods, our habits and even our activity level! Let’s make the most out of the months we often dread!

Happy October!

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Small Shifts That Lead to Big Success

Liz Bruner

Liz Brunner was a keynote speaker at the 2023 THRIVE Summit. This is an excerpt from her blog, where you'll find excellent tips for improved communication skills, career pivots, leadership skills and more.



If there's one thing I've learned over the years, it's that success doesn't come from massive, overnight changes—it comes from the small, consistent actions we take every single day. The way you start your morning, the habits you stick to, and the routines you build all add up to shape the way you show up in your life and career.

For me, there are **FIVE HABITS** I've been doing almost every single day for decades:

- ★ **Make my bed**
- ★ **Read something inspiring**
- ★ **Journal**
- ★ **Move my body**
- ★ **Eat breakfast**

These may seem simple, but they are intentional. They create a foundation that helps me feel grounded, clear-headed, and ready to take on the day. If you're looking to be more productive, focused, and in control of your time, these small shifts might just make all the difference.

1. Make Your Bed: Win the Day Before It Even Starts

This might sound basic, but hear me out. There's something about making your bed that signals to your brain: I've accomplished something already. It creates momentum. It's a small act of discipline that sets the tone for everything else. Admiral William McRaven famously said that making your bed every morning means you've already checked off the first task of the day. I couldn't agree more. Plus, climbing into a neatly made bed at night? It's a small but meaningful reward.

2. Read Something That Fuels Your Mind

What we consume—whether it's news, books, or social media—shapes our thoughts and perspective. Every morning, I make it a point to read something inspiring. Sometimes it's a quote, a chapter from a book, or a short article. Whatever it is, I want to start my day with a mindset of possibility, not limitation. Try swapping mindless scrolling for five minutes of reading something uplifting. It might just shift the way you approach your entire day.

3. Journal: Get Your Thoughts Out of Your Head

Journaling has been a game-changer for me. It helps me process my thoughts, reflect on my goals, and recognize patterns in my life. Some days I write for 30 minutes, other days it's just a few sentences. But putting pen to paper is a way of clearing mental clutter and making space for clarity. If you're new to journaling, start small. Write down one thing you're grateful for or one thing you want to focus on for the day. You don't have to write a novel—just get your thoughts down.

4. Move Your Body: Energy Creates Energy

I don't exercise because I have to—I do it because I know how much better I feel when I move. Whether it's a workout at the gym, a walk outside, or a quick stretch, physical movement isn't just about staying in shape. It clears my mind, boosts my energy, and strengthens my discipline. And the best part? It doesn't have to be an intense, hour-long workout. Just get moving. Your future self will thank you.

5. Eat Breakfast: Fuel Your Body for Success

I'll admit, I'm not a huge breakfast person. But I know that when I start my day with something nutritious, I think more clearly, I have more energy, and I'm just on my game. Food is fuel—simple as that. Even if you're someone who “forgets” to eat in the morning, consider grabbing a protein smoothie, some fruit, or anything that gives you lasting energy. Your body (and brain) need it.

These habits aren't about perfection. Some days you won't get to all of them, and that's okay. What matters is consistency. When you commit to small, intentional actions every day, they stack up and transform your life.

So, what daily habits help you feel your best? If you're looking for new ways to boost your focus, confidence, and productivity, start small. Pick one habit and make it yours. And if you're ready to step up your game in a bigger way, let's connect—I'd love to help you create the transformation you're looking for.



Your Fall Reset Guide: Realigning and Resetting this Fall

Jennifer Redmond

Fall has a distinct rhythm. As the seasons shift, it's the perfect time to realign your routines and reset habits that nourish your body and calm your mind. These small shifts will support your energy, sleep, stress levels and mood.

You can use fall's pull towards structure to your advantage:

Ground your habits: Ask yourself: what feels most supportive right now - movement, nourishment, rest or managing stress?

Build consistency: Your body thrives on predictable rhythms, and your nervous system does too.

Eat seasonally: Warm breakfasts, hearty soups, and roasted veggies keep blood sugar steady, stabilize your energy and support your metabolism.

Prioritize calm: Short moments of stillness throughout your day can help you reset your mood and manage stress before it builds.

Think of this season as laying your foundation so when the holidays arrive, you feel steady, energized and clear.

Simple Habits That Stick

Small, consistent steps beat big overhauls every time. Choose one small reset to focus on, something that brings you back to center.

Need some suggestions?

-  Begin your day with a glass of water, and your first meal with protein + fiber + healthy fat to balance blood sugar and keep your energy and mood on track.
-  Batch-cook one thing each week to make nourishing choices easier during busy days.
-  Create a bedtime wind-down ritual, even a 5-minute pause that gently nudges your mind and body towards sleep -- think journaling, deep breathing or a calming tea.
-  Step outside once a day. Even a few minutes of natural light and fresh air can lift your mood and lower stress hormones.

Feeling stuck on where to begin? Fill in the blank:

"The #1 thing I can do to support my health and wellness this season is _____."



Shine Through the Season: Your Guide to Beating the Winter Funk

by Amy Finegold

The air is getting cooler, and for many of us, this means a dramatic shift in our energy and moods. So what can we do to support our bodies and minds as the “winter funk” begins (tries) to take hold.

Embrace the light: The first thing is to embrace the light. Start the day outside. Even 10 minutes outside helps to set your circadian rhythm, boost serotonin and improve focus. If it's cloudy, try for a few minutes more. Mel Robbins has a 5-10-20 rule: at least 5 minutes on a sunny day, 10 minutes on a cloudy day and 20 minutes on a rainy day. This ensures that you get the benefits of morning light, regardless of the weather. Red light therapy is another effective tool to simulate the positive effects of sunlight.

Make sure to move: Movement is a great way to stave off both the mental and the physical sluggishness of darker days. Try taking movement snacks throughout the day - take a walk, stretch, do some push ups or wall sits. Invest in an under the desk bike or treadmill. Make sure you take a break to at least stand if you're sitting for long periods of time and set a movement/stand alarm for accountability. Movement is so important because not only does it boost circulation and metabolism, but it oxygenates the brain - re-energizing body and mind throughout the day.

Nourish yourself: Nourish your body and mind. Prioritize protein, fiber and healthy fat in order to keep your energy (and sugar) levels stable. Depending on sugar and caffeine for energy bursts ends up leaving you on the low end after the initial high. Breakfast is crucial for kickstarting your energy for the day. Lunch is important for maintaining that energy and fueling you mid-day to prevent slumps and brain fog.

Embrace the cozy: Lean into the coziness and embrace the mood. Light a candle, put on calming music, snuggle under a warm blanket. Mentally flip the script - allowing the darkness to create a calm, inviting space which lowers stress and makes it easier to stay focused. Prioritize a positive mindset and productivity. Our brains believe what we tell it, so we actually have some power in maintaining a positive mindset despite the gloomier days.

Time block for productivity: To increase productivity when the darker days leave you less motivated, try to time block your day. The Pomodoro Technique is a time management tool where you focus on one task undistracted for 25 minutes then take a 5 minute break. After 4 of these 25 minute breaks (Pomodoros) you take a longer break of about 15-30 minutes to rest and recharge. This trains the brain to work in focused intervals and also breaks down tasks into manageable chunks.

Supplements (if needed): Vitamin D is produced when the skin is exposed to UVB rays, so we naturally produce less of it when the days get shorter and colder and we spend more time inside. It makes sense to check your D levels and supplement if it's low. Vitamin C and Zinc both help with the immune system which is important during “cold season” and Vitamin B6 and B12 are important for energy production and mood regulation and can help combat the seasonal fatigue and winter blues. (Consult a doctor before taking any vitamins that could cause adverse effects if taken too much.)

Show yourself kindness: Be kind to yourself always, but especially if you're experiencing any seasonal mood issues and lack of motivation. It's normal. And there are ways to help manage these potentially more challenging months. Give yourself grace to have low days, and to rest, but then use your tools to pick yourself up. Spend time with friends that fill you up and use the techniques above.

You've got this.

Amy Finegold is a past 2024 THRIVE Summit speaker.
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THRIVE Women Take Their Game – and Giving – to the Next Level

Part of the THRIVE golf crew spent a beautiful Friday in early October playing 18 holes in a tournament to support the David Eidle Jr. Scholarship Foundation.

Our lessons paid off (sort of)!

Playing best ball, we scored one Birdie on a Par 3 and made a couple Pars on par-5 holes. The other holes? Well, we'd rather not talk about those ...

Pictured, from left: Wendy Hultmark, Amy Turner, Patti Beckwith and Karen Andreas.



AUTUMN READS: Cozy up and dig into a new book!



- 🍁 **LEAN IN: WOMEN, WORK, and the WILL to LEAD** by Sheryl Sandberg
Practical solutions when addressing gender differences in the workplace.
- 🍁 **NEW HAPPY** by Stephanie Harrison
Getting happiness right in a world that is wrong!
- 🍁 **THE EXTREMELY BUSY WOMAN'S GUIDE to SELF-CARE: Do Less, Achieve More, and Live the Life You Want** by Suzanne Falter-Barns. The title says it all!
- 🍁 **THE PORTFOLIO LIFE** by Christina Wallace
Your professional journey is not the definition of success.

Sustainability Tip from Andrea Lacroix

Have A Plastic-Free Halloween

Make your own Halloween decorations with plastic-free, natural ingredients such as wood, paper, and pinecones!

- 🍁 Carve a scarecrow out of wood, add a jack-o-lantern head and dress it in some old, shabby clothes.
- 🍁 Cut a few bats from black paper and hang them upside down on a tree. You can also make ghosts, spiders and other creatures from burlap, straw or hemp.
- 🍁 If you paint a few mason jars black and orange and put a candle inside, you will cast your porch or driveway in an eerie light.
- 🍁 Decorate everything with colorful leaves, nuts, small pumpkins or fairy lights.

Odds and Ends

Two Great Career Opportunities at North Shore Community College

Executive Director, Institutional Advancement

NSCC seeks an Executive Director of Institutional Advancement to lead fundraising, grant development and donor relations in support of the college's mission and strategic goals.

This full-time Danvers-based role, offering \$110,000–\$115,000, requires a master's degree and at least five years of leadership experience in higher education or nonprofit advancement.

Workforce Development Programmer (Staff Associate), Corporate and Professional Education

NSCC seeks a Workforce Development Programmer to manage and expand non-credit workforce programs, ensuring they meet regional and market needs.

The role includes program design, budgeting and collaboration with community partners. This full-time Danvers-based position offers \$70,000–\$75,000 and requires a bachelor's degree and five years of relevant experience.

Torigian Family YMCA Half Marathon / 2-person Half Marathon & 5k

November 22, Lt. Ross Park, Peabody

The Livestrong at the Y 5K & Half Marathon supports the YMCA's Livestrong program, which helps cancer survivors rebuild strength, balance, and confidence after treatment.

Hosted by the YMCA of Metro North and the Torigian Family YMCA, the event offers a 5K, Half Marathon, and new Two-Person Relay option, with proceeds benefiting community wellness and cancer recovery programs.

Participants can register or learn more [HERE](#).

Let's Jingle and Mingle (For a Good Cause!)

Please help THRIVE help seniors

The Chamber's annual Holiday Party is set for **Wednesday, Dec. 3**, from 5-7 p.m. at the beautiful Hawthorne Hotel in Salem. That's only 4 ½ weeks away. *Can you believe it?*

Don't miss this great opportunity to network with fellow THRIVERS, Chamber members and Emerging Leaders.

THRIVE will be collecting small gifts for seniors. We're looking for socks, gloves, scarves and the like, as well as gift cards. Any donation is welcome, from a \$5 Dunks gift card to \$25 to Market Basket. We'll be using these gifts at a holiday party for seniors that live at Turtle Creek and Turtle Woods, two low-income properties owned by Harborlight Homes.

Register for the Holiday Party on the Chamber's website. We hope to see you there!
www.northshorechamber.org

