



Sunshine, Distractions & Summer Productivity

Kathleen Walsh

Ahhhh the sun is shining! With that, we quickly forget about the difficult winter we all faced as we kept repeating the mantra, “Spring and Summer are just a few months away”.

Now that it is here, I find myself peering out of my office window yearning to be outside. I turn away from my laptop and even take calls outside, just to absorb the valued vitamin D. I mean, there truly is nothing like a nice pollen free breeze and sunshine on your face, don't you think? (Covered in sunblock 500, of course, to prevent premature aging!)

Do you ever feel like you might be more distracted in the summer than other times of the year? What are your tips to prevent unfinished projects, delayed email responses and even general resentment about the fact that your job is inside?

This edition explores a few ideas to keep you on track. And no, this does not include working from your office parking lot in a bathing suit....or maybe that is an option for you? But as an employer or an employee, recognize that weather does impact productivity and it is up to you to be creative and keep folks on track.

Wishing you a great start to the sunny season! If you need me, I will be sitting at the outdoor pool at the YMCA.....working!!

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2026 THRIVE Summit

Photos from our Networking-With-A-Cause event at Salem Pantry



For more photos and information on THRIVE Networking:



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Summer Productivity Tips: How to Keep Motivated All Summer Long

by Jamie Johnson
U.S. Chamber



Most people associate the summer months with going to the pool, fireworks, and beach vacations. Workplace productivity tends to take a nosedive during the summer, but this doesn't have to be the case for you. Let's look at why the summer slump happens and how to stay motivated all year long.

Why are we less productive in nice weather?

If you feel like you're less productive on nice days, it's not just your imagination. Studies show that warm weather and longer daylight hours impact workplace productivity. There are several reasons for this phenomenon.









First, people are more likely to take vacations during the summer. If too many people at the company take time off at once, this can leave the remaining staff overburdened with work. Productivity can plummet when you have more work on your plate but not necessarily more time to accomplish it.

Plus, the longer summer days can impact circadian rhythms, causing you to get less sleep. Having less time to recover can impact your productivity levels and lower your engagement at work.

To continue reading, please [click here](#).

June Books and Podcasts

Does the sun & good weather distract you? Pick up one of these books for a Reset!

-  **"Master Your Motivation"** by Susan Fowler. There really is a science behind where we draw motivation. By reading this, you can start to rewire your thinking!
 -  **"Deep Work"** by Cal Newport. Another science-based book that focuses on distraction-free focus techniques.
 -  **"Big Magic: Creative Living Beyond Fear"**, by Elizabeth Gilbert. This book is great to help you explore your curiosity and think more creatively!
 -  AND OF COURSE, **"The Let Them Theory"**, by Mel Robbins. Empower yourself and give yourself back time and control!
- Or listen to a podcast on your walk, run or dog walking adventure!**
-  **"Optimal Daily Living"**.....10 minute episodes focused on personal development!
 -  **"The Productivity Show"**...offers very specific tips on organization and time management.
 -  **"Beyond the To-Do List"**.....shares ways to find the best strategies for focus!
 -  **"Side Hustle Pro"**.....who doesn't want to do a little something extra on the side?



Getting To Know The THRIVERS!

Please meet ...

Mary Anne Clancy
Retired, Senior VP of Marketing
Institution for Savings



Tell us about your professional journey and how you landed where you are today?

How much time do you have?? My professional career has toggled back and forth between public service and marketing—two professions that may seem different but actually are closely aligned. Both professions are about understanding people, building trust, and influencing behavior for the greater good of an organization or community. In my junior year at University of New Hampshire, I caught the political bug working for a presidential candidate. When I graduated a year later I accepted a job with then US Senator Paul Tsongas in Washington DC—a job I truly loved and where I learned to love politics and the importance of public service and leaving our world better for future generations. When Sen. Tsongas retired I returned to Massachusetts, took a job in public relations, married and had three children. To remain home with them while they were young I began a freelance marketing business which eventually led to a full-time marketing job at a local bank. In 1996 I ran successfully for School Committee and in 2004, ran for and was elected Mayor of Newburyport, a position I held for one term before realizing it left little time and energy to raise my family. When my term was up I took a position as Institution for Savings' first ever marketing director, a job I held for 20 years until my retirement earlier this year. I was blessed to have two fantastic employers in Paul Tsongas and the Institution for Savings...both shaped my life in meaningful ways.

What was the most challenging professional obstacle that you overcame and how?

Being a relatively young female mayor came with many obstacles! In general, my biggest professional obstacle was establishing myself as a thoughtful, capable leader who could navigate the complex world of municipal government. Communication was a large part of my success at doing this—which is why I said that marketing and public service are closely aligned: they both require you to “sell” yourself or your product/service by sharing the benefits with your audience.

What are your guiding principles as a female leader?

I think it is so important to lift other women up in any way you can: whether it is positive reinforcement, guidance, or simply giving a colleague the chance to undertake a task that you know you can probably accomplish yourself. I have done a lot in my career and received many accolades which is of course gratifying...but I think it's my responsibility to use what I have learned and achieved to build pipelines for other women leaders by making success feel possible and visible.

What would you tell your 18-year-old self?

This sounds corny but I would say don't give up on your dreams and do what you love, whether it is working a busy career, staying home to raise your family, or both. Do not let yourself be guided by what others are doing with their lives: create your own path.

What is in your physical and emotional self-care tool kit?

I love to work out, truly. I am not a slave to it and don't power lift, but a great pilates or strength and conditioning class is a perfect panacea for stress. I also tend to write when I need a break...it is a great outlet.

Name three things that bring you GREAT joy outside of work?

Family is very important to me—I am blessed with three children, seven grandchildren and a very close extended family that includes my mom who I am so fortunate to live near and two sisters with whom I am very close. I spend a lot of time with them! I also love volunteering in my community—I did a lot when I was working, but still plan to put in the time now that I have MORE time to do it. Finally, I love to write as mentioned, and have been spending more time working on some articles and hopefully a possible book!

If offered \$1,000,000 to use in anyway but for yourself & family, what would you do with it?

Ugh, a million dollars isn't enough to do what I would like to do with it and that is to put it towards food for families who cannot afford it. I can think of nothing worse than children being hungry, honestly. Giving families help so that they can improve their lives and eventually sustain themselves is critically important, particularly today when so many programs are being reduced.

What do you want your legacy to be?

I hope that when my obituary is written — not anytime soon, of course — it describes me as a good person...a good mom, a good colleague, a good friend....someone who believed deeply in our collective responsibility to leave our community and our world better than we found them, and who tried to do her part to live that belief in meaningful ways every day.

THRIVE
Summit 2026
Educate. Elevate. Empower.

Only 10 Tickets Remain!

Thursday, June 18, 8 a.m. to 2 p.m.

Attend this impactful event with women (and a few men) from across the North Shore as we unite to **EDUCATE**, **ELEVATE** and **EMPOWER** at the 4th annual THRIVE Summit on June 18th at the Boston Peabody Marriott!

Kicking off the event as our morning keynote speaker is **Dr. Stephanie Peabody**, Founding Director of the Brain Health Initiative (BHI). She has dedicated her career to translating neuroscience into practical, everyday strategies that support brain health, performance, and healthy aging. For 16 years, Dr. Peabody taught brain health-focused courses at Harvard each designed to train the next generation of practitioners, scholars, and leaders in the science and application of neuroprotective living.

The morning will be filled with amazing workshops on leadership as well as life. In between you will have the opportunity to shop the **THRIVE Marketplace** with boutique-like booths featuring jewelry, clothing, services and gift items.

Leading us through lunch will be **Jenny Holaday**, President of Encore Boston Harbor. Jenny currently oversees all aspects in the running of the \$2.6 billion resort and leads a team of approximately 3,000 employees. She has lived and worked in gaming regions from the East Coast to Nevada and many places in between. She has held executive positions for companies that include Harrah's, Caesars Entertainment, and Mandalay Resort Group and has successfully launched two enterprise-wide casino player programs.

Our dynamic lineup of speakers and panelists will wow you and leave you wanting more. Get your tickets today for an exceptional opportunity to Educate, Elevate and Empower. You are worth it!

Limited sponsorships are available! Purchase your tickets before they sell out by visiting www.northshorechamber.org.



For Your Calendar

REGISTER on www.northshorechamber.org

THRIVE Networking

Join THRIVE for an afternoon of networking and conversation centered on **Angel Investing**. Moderated by Samantha Morales, Founder & Principal of Wellfin360, this event brings together professionals, founders, investors, and members of the business community for an engaging discussion on entrepreneurship, startup funding, and investment opportunities. The event will be held at the Chamber Office on **July 15, 3:30 to 5 p.m.**



Annual North Shore Chamber Golf Tournament

Registration is open! Join the North Shore Chamber of Commerce for a friendly afternoon of golf, followed by dinner, raffles and prizes on July 20th at Ipswich Country Club. This favorite signature event includes an 18-hole scramble format with first, second and third-place prizes awarded for men's and women's longest drive and closest to the pin, in addition to a \$10K Hole-In-One. Register at www.northshorechamber.org.

Nominate a deserving Woman Leader!

What woman in our community inspires you? Nominate her for a Diamond Award [here!](#)



DIAMOND AWARD

North Shore Chamber of Commerce

The Chamber's Diamond Awards recognize women in business on the North Shore who demonstrate a commitment to empowering others, serving their communities, and making a meaningful impact both professionally and personally. **Nominations close July 20th.**

Networking for a Cause with Amirah!

Amirah is a North Shore-based nonprofit that provides aftercare, resources and opportunities to adult women who have experienced sexual exploitation, sex trafficking and prostitution. Amirah supports these women with residential opportunities, wrap-around services, and external education.

Members of the Chamber's THRIVE initiative welcomed friends and colleagues, old and new, to the recent networking event on April 15 at Toscana Forno in Peabody.

Representatives from the evening's special cause, Amirah, were on hand, including Executive Director Dr. Mary Speta, to speak about the organization's mission and important work.



Have an idea for content for the THRIVE monthly newsletter? Please email **Kathleen Walsh** at kwash@metronorthymca.org.

Be sure to share this newsletter with your network, and encourage others to sign up for THRIVE! It's free!