



Resources

Business Support

Execuity | Linda Ruffenach, Owner and Founder

If you are in need of strategic planning and/or guidance for your business and you're wanting to hit the ground running when our world reopens, Linda is a great resource. Linda is a strategic advisor to CEO's and business owners and has over 20 years of experience to help guide your business through the unforeseen challenges being faced today. All work can be done remotely.

Contact information:

Linda@execuity.com | 502.386.5504 | www.execuity.com

Whitney Bishop, Change Agent | Whitney Bishop, Founder

Whitney works with leaders & change agents who are ready to create new possibilities for themselves, those they lead and those they serve. Through one:one coaching, group experiences and online programs, Whitney helps clients identify the changes they need to make and the habits, routines & practices they'll put in place to move forward. She is devoted to helping expand the capacity for change agents and leaders who are ready to BE the change they wish to see in the world.

Contact information:

whitney@whitneybishop.com | 502.338.3780 | www.whitneybishop.com

Mindset Support

Louisville Mindfulness Center | Megan B. Bartley, Founding Director

Megan and her team at Louisville Mindfulness Center are here to help individuals find peace and calm as they deal with life's stressors. Their goal is to help you decrease anxiety, depression and fear - especially during this time.

She and her team are able to virtually serve you in your home as they are currently providing telehealth services all throughout Kentucky.

Contact Information:

megan@meganbaylesbartley.com | 502.509.9307 | www.louisvillemindfulnesscenter.com



Nutrition and Fitness Support

Chris Fulkerson, Certified Image Professional and Coach for FASTER Way to Fat Loss

If you are feeling out of control with your current eating habits and/or struggling with maintaining a healthy lifestyle, Chris is an excellent resource to help you come out of this quarantine better than ever when you give yourself or someone you love the gift of health!

Chris is truly an inspiration to those she serves. Her philosophy is “the only way to change your life is to change your choices”.

chris.fulkerson59@gmail.com | 502.939.6000 | www.fwordstoliveby.com

Home Support - Essential Services

Porch, Deck, Patio, Driveway and Housewashing

Sam Haverstick, Owner | Louisville Housewash

Louisville Housewash is a vetted partner of InSync with You and they are STILL cleaning. All of the work including estimate and payment can be done without contact. **SPECIAL OFFER:** Now through April 30th, they are offering a FREE porch and walkway cleaning with any housewash.

louisvillehousewash@gmail.com | 502.777.8024 | www.louisvillehousewash.com

Home and Lawn Maintenance

Robbie Jerome, Owner | One Stop Property Guys

One Stop Property Guys is just that...1 Stop for all of your indoor/outdoor property improvement needs. They can assist and support you with lawn maintenance - including mowing, trimming and mulching.

Contact Information:

robbie@1stoppg.com | 502.303.5961



Gutter and Window Cleaning

Window Ninjas | Joe Jakoby, Co-owner

The Window Ninjas is a locally owned and operated window and gutter cleaning company and have served the Metro area for over 23 years. They provide comprehensive window cleaning services for virtually any window type, size or even those hard to get to windows.

Contact Information:

clelland@thewindowninjas.com | 502.266.5566 | www.thewindowninjas.com

Home Renovation

Taylored Renovations | Kevin Taylor, Owner

Taylored Renovations is a vetted partner of InSync with You. They specialize in providing high-quality remodeling, contracting and construction services in a timely manner. If you're considering any type of renovation for your bathroom, kitchen or basement or if you have a special project in mind, contact Kevin. Tailored Renovations are professional, timely, efficient and committed to making sure you are satisfied with your project every step of the way.

Contact Information:

kevin@tayloredrenovations.com | 502.645.7130 | tayloredrenovations.com

Cookie Decorating Kits

Belmar Baked | Whitney Vogle

Whitney Vogle is the owner of Belmar Baked and offers custom decorated Cookies, Macarons, Traditional Favorites & More - including Cookie decorating kits.

Contact Information:

belmarkbaked@gmail.com | 502.468.6995 | www.belmarkbaked.com