

I'm Kate of Kate Woods Executive Solutions. In addition to providing businesses flexible options to reach their goals, I love to give back to my community by serving several local organizations that are close to my heart.

When I am not working or volunteering, you can find me along side my family (partner Brad, toddler Ira Finnley, & labpit Eleanor Rigby) exploring the great PNW, dancing to live music, enjoying a local food, or playing in the garden.

Let me help!

With decades of experience in Customer Service, Sales, Training, Policy & Procedures, as well as Front and Back Office Management, I'm here to support you in the day to day or in achieving your next target.

Schedule a Discovery Call









Indigenous Owned & Operated



Free your time to work on your business and not in your business with an Executive Virtual Assistant

Fran help you with...

- Customer Service
- Client Experience
- Targeted Sales
- Administration
- Scheduling
- Invoicing
- Data Entry
- File Management

- Organization
- Calendar Management Single Source
- Email Management
- Review Management
- Social Media Response Tech Stack
- Meeting Facilitation
- Meeting Scribe
- Document Creation

- Policy & Process
- Documentation
- Retail Trade Cycle
- and more!

Monthly Packages* starting at...



20 **HOURS** 1866 \$880

HOURS 1 \$1,760

*Custom hours and one-time project packages available

Getting Started

- Let's Chat. Simply book a discovery call to chat about your vision and needs.
- If we are a fit, I will send over a customized proposal, contract, and invoice within 48 hours of our call.
- I will get to to work once our contract is signed and the invoice is paid!

Kate Woods Executive Solutions

contact@kwexecutive.solutions (503) 496-8448