



## **Privacy Policy**

**Last updated: 12/04/2024**

Soulfit Coaching ("us", "we", or "our") is committed to protecting the privacy and security of your personal information. This Privacy Policy describes how we collect, use, and disclose personal information when you visit our website [www.soulfitcoaching.co.uk](http://www.soulfitcoaching.co.uk) (the "Site") and the choices you have associated with that information.

### **Information We Collect**

We collect information from you when you visit our Site, register on the Site, place an order, subscribe to our newsletter, respond to a survey, or fill out a form. The types of personal information we may collect include your name, email address, postal address, phone number, and other contact or demographic information. We may also collect information automatically through your use of the Site, such as your IP address, browser type, operating system, referring URLs, and other usage information.

### **How We Use Your Information**

We may use the information we collect from you for various purposes, including to:

- Provide, operate, and maintain the Site
- Improve, personalize, and expand our Site
- Communicate with you, including responding to your comments, questions, and requests
- Send you promotional materials, newsletters, and other information relating to our products and services
- Process your transactions and provide customer service
- Conduct research and analysis

### **Sharing of Your Information**

We may share your personal information with third-party service providers who perform services on our behalf, such as payment processing, data analysis, email delivery, hosting services, and customer support. We may also share your information with our business partners, affiliates, or other trusted third parties for marketing, advertising, or other purposes.

### **Your Rights**

You have certain rights regarding your personal information under data protection laws, including the right to:

- Access, update, or delete your personal information

- Object to the processing of your personal information
- Restrict the processing of your personal information
- Data portability

***To exercise any of these rights, please contact us using the contact information provided below.***

### **Security of Your Information**

We take reasonable measures to protect the confidentiality and security of your personal information, including implementing appropriate technical and organisational measures to safeguard your information. However, please note that no method of transmission over the Internet or method of electronic storage is completely secure, and we cannot guarantee absolute security.

### **Changes to This Privacy Policy**

We reserve the right to update or change our Privacy Policy at any time. Any changes will be effective immediately upon posting the updated Privacy Policy on the Site. We encourage you to review this Privacy Policy periodically for any changes. Your continued use of the Site after the posting of the updated Privacy Policy constitutes your acceptance of the changes.

### **Contact Us**

*If you have any questions or concerns about this Privacy Policy or our privacy practices, please contact us at [admin@soulfitcoaching.co.uk](mailto:admin@soulfitcoaching.co.uk)*