

# Privacy Policy

Effective Date: 10 October 2025

## 1. Information We Collect

We may collect the following types of personal information:

- Contact Information: such as your name, email address, and phone number when you fill out a form, sign up for sessions, or subscribe to updates.
- Session Data: notes from coaching sessions, if shared with consent.
- Technical Information: IP address, browser type, device information (collected via Google Analytics or similar tools).

## 2. How We Use Your Information

We use your information to:

- Respond to inquiries or schedule sessions
- Deliver coaching and support services
- Improve website performance and user experience
- Send occasional emails or newsletters (you can opt out anytime)
- Maintain security and prevent misuse of the site

## 3. Data Sharing & Third Parties

We do not sell or rent your personal data. Your data may be shared only with:

- Trusted tools and platforms that support our business (e.g., Google Ads, Calendly, email services), and only to the extent necessary.
- Legal authorities if required by law or to protect our rights.

## 4. Your Choices

You can:

- Request access to or deletion of your personal data
- Opt out of email communications
- Decline to provide certain information, understanding it may limit your use of some services

## 5. Security

We take appropriate technical and organizational steps to protect your data, including encrypted storage, secure servers, and limited access to sensitive information.

## 6. Children's Privacy


This website is not intended for use by children under 18. We do not knowingly collect information from minors.

## 7. Changes to This Policy

We may update this policy periodically. Changes will be posted here with an updated effective date.

## 8. Contact Us

If you have questions or requests regarding your personal data, email us at:

 [yourlifefrominside@gmail.com](mailto:yourlifefrominside@gmail.com)