



## **Privacy Policy**

### **1. Introduction**

We value your privacy and are committed to protecting your personal data. This Privacy Policy explains how we collect, use, and safeguard your information when you visit our website.

### **2. Information We Collect**

We may collect the following types of information:

- Personal data (e.g., name, email, contact details) when you provide it voluntarily.
- Usage data (e.g., IP address, browser type, pages visited) to improve our services.
- Cookies and similar tracking technologies to enhance your experience (see our Cookie Policy for more details).

### **3. How We Use Your Information**

We use your data to:

- Provide and improve our website and services.
- Communicate with you regarding inquiries or support requests.
- Analyse website performance and user behaviour.
- Comply with legal obligations.

### **4. Data Sharing & Security**

We do not sell your personal data. However, we may share information with trusted third-party service providers for website analytics, security, and functionality. We take appropriate security measures to protect your data.

### **5. Your Rights**

You have the right to:

- Request access, correction, or deletion of your data.
- Withdraw consent for data processing.
- Object to certain data processing activities.

### **6. Changes to This Policy**

7. We may update this policy from time to time. Please check this page for any changes.

8. **Contact Us**

If you have any questions about this policy, please contact us at [services@clariscoaching.com](mailto:services@clariscoaching.com).