

# Coaching With V - Privacy Policy

Effective Date: May 25, 2025

At Coaching with V, your privacy is important to us. This Privacy Policy explains how we collect, use, and protect your personal information when you visit our website or use our services, including health coaching, life coaching, and yoga instruction.

## 1. Information We Collect

We may collect the following types of information:

- **Personal Information:** Name, email address, phone number, and other contact details you provide when booking a session or subscribing to our newsletter.
- **Health Information:** Any health-related information you voluntarily share during coaching or yoga sessions.
- **Payment Information:** If you purchase services, we may collect billing details through secure third party payment processors.
- **Usage Data:** Information about how you use our website, including IP address, browser type, and pages visited (via cookies and analytics tools).

## 2. How We Use Your Information

We use your information to:

- Provide and manage coaching and yoga services
- Communicate with you about appointments, updates, and promotions
- Improve our website and services
- Comply with legal obligations

## 3. Sharing Your Information

We do not sell or rent your personal information. We may share your data with:

- Service providers (e.g., payment processors, scheduling platforms) who help us operate our business
- Legal authorities if required by law or to protect our rights

## 4. Data Security

We implement reasonable security measures to protect your personal information. However, no method of transmission over the internet is 100% secure.

## **5. Your Rights**

Depending on your location, you may have the right to:

- Access, correct, or delete your personal data
- Withdraw consent for data processing
- File a complaint with a data protection authority
- To exercise these rights, contact us at: [veronica@coachingwithv.com](mailto:veronica@coachingwithv.com)

## **6. Cookies and Tracking**

We use cookies to enhance your browsing experience. You can disable cookies through your browser settings.

## **7. Third-Party Links**

Our website may contain links to third-party sites. We are not responsible for their privacy practices.

## **8. Children's Privacy**

Our services are not intended for individuals under the age of 18. We do not knowingly collect data from children.

## **9. Changes to This Policy**

We may update this policy from time to time. Changes will be posted on this page with an updated effective date.