



Privacy Policy

Chris the Mindset Coach & Chris the Mindset Coach CIC

Privacy Policy

Chris the Mindset Coach and Chris the Mindset Coach CIC are committed to protecting your privacy and ensuring that your personal information is handled securely, fairly, and transparently. We collect and process personal information in accordance with the UK General Data Protection Regulation (UK GDPR) and the Data Protection Act 2018.

What Information We Collect

We may collect:

- Name, address, telephone number and email address.
- Date of birth, age and emergency contact details.
- Relevant health and wellbeing information where necessary to safely deliver our services.
- Attendance records, referral information and programme outcomes.
- Feedback, testimonials (with your consent), photographs or videos used for promotional purposes.
- Payment and donation information where applicable.

Why We Collect Your Information

We use your information to:

- Deliver safe, effective health, wellbeing and community programmes.
- Assess suitability for activities and manage participant safety.
- Communicate with you about sessions, events and services.
- Monitor outcomes, evaluate impact and report anonymised results to funders and partners.
- Meet legal, safeguarding, insurance and regulatory obligations.
- Improve our services and participant experience.

How We Protect Your Information

Your information is stored securely using password-protected systems and secure storage. Access is restricted to authorised staff, volunteers and directors who require the information to perform their role. We regularly review our data security procedures to ensure your information remains protected.

Sharing Your Information

We will only share your personal information when:

- You have provided your consent.
- It is necessary to protect your health, safety or wellbeing.
- We are legally required to do so.
- It is required by safeguarding responsibilities or regulatory authorities.

We never sell your personal information to third parties unless you have given us permission to do so.

How Long We Keep Your Information

We only retain your personal information for as long as necessary to fulfil the purposes for which it was collected, meet legal requirements, or satisfy funding and insurance obligations. Information is securely deleted or destroyed when no longer required.

Your Rights

Under UK GDPR you have the right to:

- Access the personal information we hold about you.
- Request correction of inaccurate information.
- Request deletion of your information where appropriate.
- Restrict or object to certain processing.
- Withdraw consent where processing is based on consent.
- Lodge a complaint with the UK Information Commissioner's Office (ICO).

Contact Us

If you have any questions about this Privacy Policy or wish to exercise your data protection rights, please contact:

Chris the Mindset Coach / Chris the Mindset Coach CIC

Email: christhemindsetcoach@outlook.com

If you are unhappy with how your information has been handled, you may contact the **Information Commissioner's Office (ICO)** at www.ico.org.uk.

This Privacy Policy applies to all participants, volunteers, staff, directors, partners and visitors engaging with Chris the Mindset Coach and Chris the Mindset Coach CIC and is reviewed regularly to ensure ongoing compliance with UK data protection legislation.