



Privacy Policy

Day 1 Coach (Karen Cairnduff)

Effective Date: 25th April 2026

1. Introduction

Day 1 Coach is committed to protecting your privacy and ensuring the security of your personal information. This Privacy Policy explains how we collect, use, disclose, and safeguard your personal data when you interact with us, our services, or our website.

2. Information We Collect

We may collect the following types of personal information:

- 2.1. Contact Information:** Name, email address, phone number, and mailing address.
- 2.2. Learner / Client Information:** Information related to services received, service preferences, and progress records.
- 2.3. Payment Information:** Payment details, where applicable, such as credit/debit card information.
- 2.4. Communication Data:** Records of interactions, including emails, messages, or calls.
- 2.5. Website Usage Information:** Data on how you use our website, including IP addresses, browser types, and cookies (see our Cookies Policy for details).





3. How We Use Your Information

Your personal information may be used to:

- Provide the services you have requested.
 - Process bookings, or payments.
 - Communicate updates, notices, or important information regarding services.
 - Improve our services, website, and user experience.
 - Comply with legal or regulatory obligations.
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4. Disclosure of Your Information

We may share your personal information with: staff, or service providers to facilitate the delivery of services; third-party service providers supporting administrative, technical, or operational functions; legal authorities, where required by law or regulatory obligation.

5. Security Measures

We employ appropriate technical and organisational measures to protect personal information from unauthorised access, alteration, disclosure, or destruction.

6. Cookies

Please refer to our Cookies Policy for details about how we use cookies and manage website tracking.





7. Your Rights

You have the following rights regarding your personal information:

- Access: Request access to the data we hold about you.
 - Rectification: Request corrections to inaccurate or incomplete data.
 - Erasure: Request deletion of your personal data, where applicable.
 - Restriction: Request limitations on how your personal data is processed.
 - Data Portability: Receive your data in a structured, commonly used format.
 - Withdraw Consent: Withdraw consent for processing your personal information at any time.
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To exercise your rights, please contact the Data Protection Officer or designated contact listed below.

8. Contact Information

Karen Cairnduff – Founder Day 1 coach

Email: Karen@day1coach.co.uk

9. Changes to this Privacy Policy

We may update this Privacy Policy periodically to reflect changes in practices, services, or legal requirements. Please check this page regularly for updates.

Adapted from Statement of Principles Provided by IPHM Accreditation | International Practitioners of Holistic Medicine | iphm.co.uk

