



GDPR POLICY STATEMENT

At Heart of the Matter LIFE COACHING, we are committed to safeguarding and preserving the privacy of our visitors and clients. This GDPR policy statement outlines how we collect, process, and protect your personal data in accordance with the General Data Protection Regulation (GDPR).

1. **Data Collection:** We may collect personal information from you when you voluntarily provide it to us through our contact forms, email subscriptions, or any other means of communication. This information may include your name, email address, phone number, and any details you choose to share during coaching sessions.
2. **Data Usage:** We use the data collected to provide you with coaching services, respond to your inquiries, and deliver content relevant to your interests. We may also use the information to improve our website, services, and communication with you.
3. **Data Security:** Your personal data is stored securely and protected from unauthorised access, disclosure, or alteration. We implement appropriate security measures to safeguard your information.
4. **Data Sharing:** We do not sell, rent, or lease your personal information to third parties. Your data is shared only with our team members who need access to it for the purpose of providing coaching services and support.
5. **Data Retention:** We retain your personal information for as long as necessary to fulfil the purposes outlined in this policy or as required by law.
6. **Consent:** By using our website and voluntarily providing your personal data, you consent to the collection, processing, and storage of your information as outlined in this GDPR policy.
7. **Your Rights:** You have the right to access, correct, or delete your personal data at any time. If you wish to exercise these rights or have any concerns regarding your data, please contact us at lifecoachingheartofthematter@gmail.com
8. **Cookies:** Our website may use cookies to enhance your browsing experience. You can adjust your browser settings to decline cookies if you prefer.
9. **Third-Party Links:** Our website may contain links to third-party websites. We are not responsible for the privacy practices or content of these sites. Please review their respective privacy policies before providing any personal information.
10. **Updates to the Policy:** This GDPR policy statement may be updated periodically to reflect changes in our data practices or legal requirements. We encourage you to review this page regularly for any updates.

By accessing and using our website, you acknowledge and agree to the terms of this GDPR policy statement. Your privacy is of utmost importance to us, and we are dedicated to maintaining the highest standards in data protection and security. If you have any questions or concerns regarding this policy, please contact us at lifecoachingheartofthematter@gmail.com