

Privacy Policy for TrueU Coaching

January 1, 2024

1. Introduction

TrueU Coaching ("we," "us," or "our") is committed to safeguarding the privacy of our website visitors and clients. This Privacy Policy outlines how we collect, use, disclose, and protect your personal information when you visit our website or engage our coaching services.

2. Information We Collect

2.1 Information You Provide: We may collect personal information, such as your name, email address, phone number, and other information, when you voluntarily provide it to us when filling out forms, subscribing to newsletters, or contacting us.

2.2 Automatically Collected Information: Our website may collect certain information automatically, including your IP address, browser type, and operating system, through cookies and similar tracking technologies. This information helps us improve our website and tailor our services to your preferences.

3. How We Use Your Information

We may use your personal information for the following purposes:

3.1 Communication: To respond to your inquiries, provide coaching services, and send you relevant information, updates, or newsletters.

3.2 Website Improvement: To analyze and enhance the functionality and content of our website.

3.3 Legal Compliance: To comply with applicable laws and regulations.

4. Disclosure of Your Information

We will not sell, trade, or share your personal information with third parties except as described in this Privacy Policy:

4.1 Service Providers: We may share your information with trusted third-party service providers who assist us in operating our website or conducting our business.

4.2 Legal Requirements: We may disclose your information to comply with legal obligations, enforce our policies, or protect our rights and the rights of others.

5. Your Choices

You have the following rights concerning your personal information:

5.1 Access: You may request access to the personal information we hold about you.

5.2 Correction: You can request corrections to any inaccuracies in your personal information.

5.3 Opt-Out: You may opt out of receiving marketing communications from us at any time.

6. Data Security

We take reasonable steps to protect your personal information from unauthorized access or disclosure. However, no data transmission over the internet is completely secure, and we cannot guarantee the security of your information.

7. Third-Party Links

Our website may contain links to third-party websites. We are not responsible for the privacy practices or content of these websites. We encourage you to review their privacy policies before providing any personal information.

8. Updates to This Privacy Policy

We may update this Privacy Policy from time to time. The date of the most recent revision will be indicated at the top of the policy.

9. Contact Information

If you have any questions or concerns about this Privacy Policy or our data practices, please contact us at coachtim@trueucoaching.com.