

# PRIVACY POLICY

**Effective Date:** April 29, 2025

This Privacy Policy explains how InSideOut Wellness ("we", "us", or "our") collects, uses, and protects your information when you visit our website or engage with our services.

**1. Information We Collect** We collect personal information you voluntarily provide when:

- Booking a session
- Completing forms (e.g., Discovery Form)
- Signing up for downloadable resources, email updates, or group programs

This information may include your name, email address, general health information, and coaching goals.

**2. How We Use Your Information** We use your information to:

- Provide and personalize coaching services
- Communicate with you about sessions and resources
- Send email updates (with your consent)
- Improve our offerings

**3. Sharing of Information** We do not sell or rent your personal information. Your information is shared only:

- With service providers helping us operate the site (e.g., form plugins)
- When legally required or to protect our rights

**4. Data Storage & Security** Your data is stored on secure platforms (e.g., Wix, Google Workspace) with appropriate safeguards. While no system is 100% secure, we strive to protect your personal information.

**5. Your Rights** If you are based in the EU or South Africa, you may:

- Request access or corrections to your personal data
- Ask for your data to be deleted
- Withdraw consent to marketing emails at any time

To do so, email: [monikaradziejowska@gmail.com](mailto:monikaradziejowska@gmail.com)

**6. Cookies** Our site uses cookies to improve your browsing experience. You may adjust your browser settings to disable cookies if you prefer.

**7. Third-Party Links** We may link to third-party websites. We are not responsible for their privacy practices.

**8. Changes to this Policy** We may update this policy. Continued use of the site indicates your agreement to the new terms.

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