

PRIVACY POLICY

Effective Date: July 8, 2026

This Privacy Policy explains how InSideOut Wellbeing ("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: monika@insideoutwellbeing.biz

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.
