

# Privacy Policy

**Effective Date:** 21 May 2025

**Last Updated:** 21 May 2025

At [anneowen.co.uk](https://anneowen.co.uk), your privacy is important to me. This Privacy Policy explains how I collect, use, and protect your personal data when you visit my website [anneowen.co.uk](https://anneowen.co.uk).

## 1. What Information I Collect

I may collect:

- Name, email address, and contact details (when you contact us or book a service)
- Payment details (processed securely through third-party providers)
- Information through cookies (see our Cookie Policy)
- Optional health or wellbeing information shared through coaching or consultation forms

## 2. How I Use Your Information

I use your data to:

- Provide services and manage bookings
- Respond to inquiries
- Send information on upcoming events, blog items or newsletters (with your consent)
- Improve user experience and website performance

## 3. Sharing Your Information

I do **not** sell or share your personal data, except:

- With service providers helping operate our business (e.g., payment processors, email marketing platforms)
- When required by law

## 4. Your Rights

Under UK GDPR, you have the right to:

- Access or correct your data
- Withdraw consent
- Request deletion of your data
- Lodge a complaint with the ICO (Information Commissioner's Office)

## 5. Data Storage & Security

Your data is stored securely using industry-standard practices and I am the only person authorised to have access.

## 6. Contact Me

If you have any questions or want to exercise your data rights, please contact me by email at: [hello@anneowen.co.uk](mailto:hello@anneowen.co.uk)