

Privacy Notice & Cookies Policy

Here at Living Free Inspiration, we are committed to maintaining the trust and confidence of our visitors to our web site and subscribers to our email marketing, coaching hub, email courses, updates and newsletters. Here you'll find information on how we treat data that we collect from visitors to our website, or when someone subscribes to our mailing list or coaching hub.

Website Host

Our website is hosted by Wix. Please visit the Wix website for information on their privacy statement: <https://www.wix.com/about/privacy>.

Visitors to our Website

When someone visits <https://www.livingfreeinspiration.com/> we use a third-party service, Google Analytics, to collect standard internet log information and details of visitor behaviour patterns. We do this to find out things such as the number of visitors to the various parts of the site. This information is only processed in a way which does not identify anyone. We do not make, and do not allow Google to make, any attempt to find out the identities of those visiting our website. You can find more information on how cookies are used on this website in the Cookies Policy below.

If we do want to collect personally identifiable information through our website, we will be up front about this. We will make it clear when we collect personal information and will explain what we intend to do with it.

Coaching Clients

Should you become a paid coaching client, we will hold necessary details about you on our files for as long as you remain a client and for the legal required time afterward. These details will include your personal details such as name, address, contact numbers and birthday, plus notes about your sessions. Only your coach will have access to them.

Enrolment to our online mentoring school

We use Gurucan to host our online school. Gurucan is not governed by this Privacy Policy. If you have questions about how Gurucan uses your information, you can find out more here:

<https://www.gurucan.com/gdpr>

Any student who enrolls in our online school will receive marketing emails and updates. Please email deborah@livingfreeinspiration.com to opt out.

LIVING *free* INSPIRATION

Enrolment to MemberVault

We use MemberVault to host some of our courses. MemberVault is not governed by this Privacy Policy. If you have questions about how MemberVault uses your information, you'll need to check MemberVault's privacy statement: <https://membervault.co/privacy/>

Subscribing to our mailing list

When someone subscribes to our mailing list, we collect personal information: your email address and your name. We use that information to: tell you about stuff you've asked us to tell you about; to keep you updated with courses, events and product information, to let you know when a new blog has been published, to contact you if we need to obtain or provide additional information; to check our records are right and to check every now and then that you're happy and satisfied. We don't rent or trade email lists with other organisations and businesses.

We use Wix as our email provider (See Wix privacy policy: <https://www.wix.com/about/privacy>.) but sometimes, we use a third-party provider, MailChimp and Mailerlite, to deliver our emails. We gather statistics around email opening and clicks using industry standard technologies to help us monitor and improve our mailings. For more information, please see [MailChimp's](#) and [Mailerlite's](#) privacy policy.

You can unsubscribe from general mailings at any time of the day or night by clicking the unsubscribe link at the bottom of any of our emails or by emailing deborah@livingfreeinspiration.com with your instruction.

Links to Other Web Sites

This privacy notice does not cover the links within this site linking to other websites. Those sites are not governed by this Privacy Policy, and if you have questions about how a site uses your information, you'll need to check that site's privacy statement.

Access to Your Personal Information

You are entitled to access the personal information that we hold about you. Email your request to deborah@livingfreeinspiration.com

Changes to this Privacy Notice

We keep our privacy notice under regular review. This privacy notice was last updated on 23 March 2021.

Cookies Policy

We use a system of classifying the different types of cookies which we use on the Website, or which may be used by third parties through our websites. The classification was developed by the International Chamber of Commerce UK and explains more about which cookies we use, why we use them, and the functionality you will lose if you decide you don't want to have them on your device.

What is a cookie?

Cookies are text files containing small amounts of information which are downloaded to your personal computer, mobile or other device when you visit a website. Cookies are then sent back to the originating website on each subsequent visit, or to another website that recognises that cookie. Cookies are useful because they allow a website to recognise a user's device.

How long are cookies stored for?

Persistent cookies - these cookies remain on a user's device for the period of time specified in the cookie. They are activated each time that the user visits the website that created that particular cookie.

Session cookies - these cookies allow website operators to link the actions of a user during a browser session. A browser session starts when a user opens the browser window and finishes when they close the browser window. Session cookies are created temporarily. Once you close the browser, all session cookies are deleted.

Cookies do lots of different jobs, like letting you navigate between pages efficiently, remembering your preferences, and generally improve the user experience.

You can find more information about cookies at www.allaboutcookies.org and www.youronlinechoices.eu.

Cookies used on the Website

A list of all the cookies used on the Website by category is set out below.

Strictly necessary cookies

These cookies enable services you have specifically asked for. These cookies are essential in order to enable you to move around the Website and use its features, such as accessing secure areas of the Website.

Performance cookies

These cookies collect anonymous information on the pages visited. By using the Website, you agree that we can place these types of cookies on your device.

These cookies collect information about how visitors use the Website, for instance which pages visitors go to most often, and if they get error messages from web pages. These cookies don't collect information that identifies a visitor. All information these cookies collect is aggregated and therefore anonymous. It is only used to improve how the Website works.

Functionality cookies

These cookies remember choices you make to improve your experience. By using the Website, you agree that we can place these types of cookies on your device.

These cookies allow the Website to remember choices you make (such as your user name, language or the region you are in) and provide enhanced, more personal features. These cookies can also be used to remember changes you have made to text size, fonts and other parts of web pages that you can customise. They may also be used to provide services you have asked for such as watching a video or commenting on a blog. The information these cookies collect may be anonymised and they cannot track your browsing activity on other websites.

Third party cookies

These cookies allow third parties to track the success of their application or customise the application for you. Because of how cookies work we cannot access these cookies, nor can the third parties access the data in cookies used on our site.

For example, if you choose to 'share' content through Twitter or other social networks you might be sent cookies from these websites. We don't control the setting of these cookies, so please check those websites for more information about their cookies and how to manage them.