



Privacy Policy for HelenChristina.com: The privacy of visitors is of utmost importance to me. This Privacy Policy outlines how I collect, use, and safeguard your personal information when you visit my website.

Collection of Personal Information As a personal effectiveness coach, I may collect personal information such as your name, email address, and mobile number when you voluntarily provide it to me. This information is collected for the purpose of communication, delivering my services, and providing you with relevant information about my courses, events, and updates.

Use of Personal Information I will only use the personal information you provide to me for the purposes stated at the time of collection. This may include:

- **Communication:** I may use your contact information to respond to your inquiries, provide you with requested information, and communicate with you about my services.
- **Marketing:** With your consent, I may use your personal information to send you promotional emails or newsletters related to my courses, events, and other relevant updates. You have the right to opt-out of receiving these communications at any time.
- **Service Delivery:** I may use your personal information to deliver my services to you, including scheduling sessions, providing course materials, and facilitating effective coaching sessions.
- **Protection of Personal Information** I take reasonable steps to ensure that your personal information is protected from unauthorized access, disclosure, alteration, or destruction. Implement appropriate technical and organizational measures to safeguard your data.
- **Disclosure of Personal Information** I do not sell, trade, or otherwise transfer your personal information to third parties without your consent, except in the following circumstances:
- **Service Providers:** I may share your personal information with trusted third-party service providers who assist me in operating my website, delivering my services, or conducting my business. These service providers are obligated to maintain the confidentiality and security of your personal information.
- **Legal Obligations:** I may disclose your personal information if required to do so by law or in response to valid legal requests, such as court orders or government regulations.
- **Data Retention** I will retain your personal information only for as long as necessary to fulfill the purposes for which it was collected and to comply with applicable laws and regulations.
- **Your Rights** You have the right to access, correct, update, or delete your personal information that I hold. You may also withdraw your consent for me to use your personal information for marketing purposes. To exercise these rights or if you have any concerns about the processing of your personal information, please contact me using the email address provided below.

Updates to the Privacy Policy I reserve the right to update this Privacy Policy from time to time. Any changes I make will be posted on this page, and the effective date will be indicated at the top of the policy.

Contact me If you have any questions or concerns about this Privacy Policy or the handling of your personal information, please contact me via the contact page www.helenchristina.com

Appreciate your trust in me and assure you that I will handle your personal information with utmost care and respect your privacy.

Effective Date: Aug 2023