

Data Protection Policy & Privacy Notice May 2018

We are committed to processing data in accordance with its responsibilities under the GDPR. We care about your data and respect your privacy, we do not share your information with any third parties and use it only for the legitimate purpose provided for upon registering.

Our data is collected lawfully and based on consent with an option to unsubscribe at any time and with each communication.

How we collect data?

- Via the website www.inspireyourlife.org we have a pop up asking if people wish to subscribe to the mailing list. They need to enter their email and click subscribe to be added and are then sent an automatic response asking them to confirm their email and intention to join the list. This list is stored and managed on mailchimp.
- We also use a sign-up sheet at live events in which participants are asked should they wish to join the mailing list to write their email address on the sheet which is then transferred to the database
- All those on the mailing list have given permission to be on it and can unsubscribe at any time.
- We do not operate any pre ticked forms or lead generators, everyone who signs up has to actively search for this function and enter their address with the sole intention of placing their email on this mailing list.
- We also have a social media following across Facebook, Instagram, Twitter and linked in but do not send direct messages only in response to questions and enquiries we receive
- Online course registrations are owned and operated by Udemy and Teachable who have access to the information you provide, we do not collect this data.

What data do we hold?

- Often just an email address, at most an email and full name. We only hold the data you provide and do not add to this or modify it in anyway.

What we use it for?

- We only send information that is of legitimate interest linked to our personal development and health and wellness business.
- Upon signing up to the mailing list you receive a welcome email and link to a free download as advised on the sign-up pop up box on the website
- Most of the content is our own and developed specifically with our own client base and business in mind.
- We send a monthly newsletter to our mailing list along with news and offers about events, courses and blog specifically related to the business we run and personal develop, health and wellness
- We also provide updates and useful information, blog posts and article shares via email and on our social media pages

How is the data used?

- Your email is kept on our system and not shared with any third parties.
- We use mailchimp for our newsletters and mail outs, all notes come with an unsubscribe option to click at any time.

- We send a monthly newsletter to our mailing list along with news and offers about events, courses and blog posts specifically linked to this business
- Online course registrations are owned and operated by Udemy and Teachable who have access to the information you provide, we do not have access to this but can send course/business related messages to those registered via the platform owners

What happens if there is a breach?

All data is processed in a manner that ensures appropriate security of the personal data, including protection against unauthorised or unlawful processing and against accidental loss, destruction or damage, using appropriate technical or organisational measures.

In the event we are made aware of a breach of security leading to the accidental or unlawful destruction, loss, alteration, unauthorised disclosure of, or access to, personal data, we shall promptly assess the risk to people's rights and freedoms and if appropriate report this breach to the ICO

Further questions

If you have any questions about our data protection policy or how we use your data please [contact us](#). You can also get in touch if you'd like to request to see the data we hold on you.

Policy Owner and Data Protection Officer

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Policy is reviewed annually