

Privacy Policy for Paul Williamson Nutrition

Last updated: 16 February 2025

1. Overview

Paul Williamson Nutrition is committed to protecting your personal information and ensuring compliance with the General Data Protection Regulation (GDPR). This privacy policy outlines how we collect, use, and safeguard the data you provide to us. By using our services, you agree to the terms described in this policy.

2. Data Collection

We may collect personal data, including but not limited to your name, email address, phone number, and demographic information, when you:

- Register for our services or events
- Contact us via email or phone
- Provide feedback or participate in surveys

3. Data Usage

We use the collected data to:

- Provide personalized nutrition coaching services
- Communicate with you regarding our services and events
- Improve our service offerings based on your feedback

4. Data Sharing

We do not share or sell your personal information to any third parties without your consent, unless required by law.

5. Data Security

We employ industry-standard security measures to protect your personal information from unauthorized access, use, or disclosure. However, no method of data storage or transmission can be guaranteed 100% secure, so please exercise caution when sharing sensitive information.

6. Data Retention

We retain your personal information for as long as necessary to provide our services or as required by law.

7. Your Rights

Under GDPR, you have the right to:

- Request access to your personal data
- Rectify inaccurate or incomplete data
- Erase or restrict the processing of your data
- Object to the processing of your data
- Receive a copy of your data in a portable format
- Withdraw consent for data processing at any time

To exercise any of these rights, please contact us at [insert contact information].

8. Updates to the Policy

We may update this privacy policy from time to time. Please review it regularly to stay informed about our data protection practices.