

## Privacy Policy

### Effective Date 03/17/2024

At Graceful Grit Coaching LLC, we value the privacy of our users and are committed to protecting the personal information you provide to us. This Privacy Policy outlines how we collect, use, disclose, and safeguard your information when you use our website, mobile applications, or any other services we offer (collectively referred to as "Services"). By accessing and using our Services, you consent to the practices described in this policy.

- Information We Collect:

a. Personal Information: When you interact with our Services, we may collect certain personally identifiable information, including but not limited to your name, email address, postal address, phone number, and any other information you voluntarily provide to us.

b. Non-Personal Information: We may also collect non-personal information such as your IP address, device information, browser type, operating system, and other anonymous usage data when you use our Services.

c. Cookies and Similar Technologies: Our Services may use cookies and similar technologies to enhance user experience, track usage patterns, and collect information about your preferences. You can manage cookie preferences through your browser settings.

- How We Use Your Information:

a. Providing Services: We use the collected information to operate, maintain, and improve our Services, as well as to respond to your inquiries, provide customer support, and personalize your user experience.

b. Communication: We may use your email address to send you updates, newsletters, promotional materials, and other communications related to our Services. You can opt-out of receiving marketing communications at any time.

c. Analytics: We use non-personal information to analyze user behavior, monitor trends, and improve the performance of our Services.

- Information Sharing:

a. Third-Party Service Providers: We may share your information with trusted third-party service providers who assist us in delivering our Services. These providers are obligated to protect your information and are not allowed to use it for any other purpose.

b. Legal Requirements: We may disclose your information when required by law, in response to legal processes, or to protect our rights, privacy, safety, or property.

c. Business Transfers: If our company is involved in a merger, acquisition, or sale of assets, your information may be transferred as part of that transaction. We will notify you of any changes to the ownership or use of your information.

- Data Security:

We employ industry-standard security measures to protect your personal information from unauthorized access, disclosure, or alteration. However, no method of transmission over the Internet or electronic storage is entirely secure, and we cannot guarantee absolute security.

- Children's Privacy:

Our Services are not intended for children, and we do not knowingly collect personal information from children. If you believe we have inadvertently collected information from a child, please contact us immediately, and we will take steps to remove the information promptly.

- Third-Party Links:

Our Services may contain links to third-party websites or services. We are not responsible for the privacy practices or content of these third-party sites. We encourage you to review the privacy policies of any external sites before providing any personal information.

- Changes to this Privacy Policy:

We reserve the right to update this Privacy Policy from time to time to reflect changes in our practices or for other operational, legal, or regulatory reasons. The revised policy will be posted on this page, and the effective date will be updated accordingly. We encourage you to review this policy periodically to stay informed about how we collect, use, and protect your information.

- Contact Us:

If you have any questions, concerns, or requests related to this Privacy Policy or the handling of your information, please contact [gracefulgritlifecoaching@gmail.com](mailto:gracefulgritlifecoaching@gmail.com)

By using our Services, you acknowledge that you have read, understood, and agreed to this Privacy Policy