

# Acorn Wellness Coaching

## Privacy Policy

**Last updated:** 4.2.26

### Who we are

This website is operated by Acorn Wellness Coaching

Website: [www.acornwellnesscoaching.co.uk](http://www.acornwellnesscoaching.co.uk)

Contact: [info@acornwellnesscoaching.co.uk](mailto:info@acornwellnesscoaching.co.uk)

### What information we collect

When you sign up for a free/paid resource or join our email list, we collect:

- Your email address
- Your name (only if you choose to provide it)

We may also collect basic website analytics data (such as page visits) to understand how our site is used.

### Why we collect your information

We collect your information to:

- Send you the resource you requested
- Send occasional emails/newsletter with helpful content, updates, and offers

You can unsubscribe at any time using the link in any email.

### How your information is stored

Email addresses are stored and processed using third-party email marketing services. We may also store a secure copy of our email subscriber list using Microsoft for administrative and backup purposes. We do not sell or share your personal information with others for marketing purposes.

## Your rights

You have the right to:

- Access the personal data we hold about you
- Request corrections or deletion of your data

To do so, contact us at **info@acornwellnesscoaching.co.uk**

## Cookies

This website may use cookies for basic functionality and analytics. You can disable cookies in your browser settings if you prefer.

## Changes to this policy

This policy may be updated from time to time. The latest version will always be available on this page.