



Privacy Policy

Life In My Hands
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Overview

Life In My Hands is committed to protecting your privacy and handling personal information in a transparent and secure manner.

This Privacy Policy outlines how personal information is collected, used, stored and disclosed.

What information is collected

Personal information collected may include:

- Name
- Email address
- Phone number (if provided)
- Any information you choose to include in messages or correspondence

Life In My Hands does not actively collect sensitive personal information via the website. However, if you choose to include sensitive information in your communications, it will be treated confidentially.

How information is collected

Personal information is collected when you:

- Submit an enquiry via the website
- Contact Life In My Hands via email or phone
- Engage in coaching or advisory services

Information may also be generated during service delivery, such as notes taken during coaching or advisory sessions.

How information is used

Personal information is used to:

- Respond to enquiries
- Deliver coaching and advisory services
- Communicate with clients, including providing session summaries
- Prepare materials or documentation relevant to services

Life In My Hands does not use personal information for marketing purposes.

Testimonials may be used with your explicit permission.





Storage and security

Personal information, including session notes, is stored securely on a password-protected device and/or via secure cloud storage (such as Apple iCloud).

Reasonable steps are taken to protect personal information from misuse, interference, loss and unauthorised access.

Disclosure of information

Personal information is not sold or shared with third parties for marketing purposes.

Information may be shared with third-party service providers where necessary to support service delivery, including:

- Email providers (e.g. Gmail)
- Cloud storage platforms (e.g. iCloud, Dropbox)
- Payment providers (e.g. Square, where used outside the website)

These providers may store data outside Australia.

International clients

Life In My Hands works with clients primarily in Australia but may also provide services to international clients. As a result, information may be accessed or stored outside Australia where relevant systems are used.

Access and correction

You may request access to the personal information held about you, and request corrections if it is inaccurate, incomplete or out of date.

You may also request that your information be deleted, subject to any legal or professional obligations.

Requests can be made via email.

Cookies and analytics

This website does not currently use analytics or tracking tools. However, this may change in future, including the use of tools such as Google Analytics or advertising platforms.

If implemented, this policy will be updated accordingly.

Contact

If you have any questions about this Privacy Policy or how your information is handled, please contact:

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Life In My Hands

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