

Privacy Policy

Effective Date: 31 July 2025

New Habits Mindset Shifts is committed to protecting your privacy. This Privacy Policy explains how we collect, use, store, and share your personal data when you engage with our website, coaching services, programs, and live challenges.

1. Who We Are

New Habits Mindset Shifts is a personal and professional development coaching business based in the United Kingdom. Services are delivered independently as a Proctor Gallagher Institute (PGI) Consultant.

2. What Personal Data We Collect

We may collect and process the following personal data:

- Name and contact details (such as email address and phone number)
- Information shared during coaching sessions (e.g. notes or insights)
- Payment and billing information
- Website usage data (such as IP address, browser type, and analytics data)
- Any other information you voluntarily provide via forms, emails, or interactions

3. How We Use Your Information

We use your information to:

- Provide coaching services and respond to enquiries
- Manage bookings, sessions, and communications
- Process payments and issue invoices

- Improve our services and client experience
- Comply with legal and regulatory obligations

4. Legal Basis for Processing (UK GDPR)

We process your personal data based on:

- Consent – when you opt in to communications or provide information
- Contractual necessity – to deliver services you have purchased
- Legal obligations – such as financial record-keeping for HMRC
- Legitimate interests – to improve and operate our business effectively

5. How We Store and Protect Your Data

Your data is stored securely using password-protected systems and trusted platforms (such as Google Workspace, Zoom, and scheduling tools).

We take appropriate measures to protect your data from unauthorised access, loss, or misuse.

We retain your data only as long as necessary, including for legal obligations (e.g. financial records retained for up to 6 years).

6. Sharing Your Information

We do not sell your personal data.


We may share your data with trusted third-party service providers (such as payment processors, scheduling tools, or communication platforms) where necessary to operate our business. All third parties are required to handle your data securely and in accordance with data protection laws.

7. Your Rights Under UK GDPR

You have the right to:

- Access the personal data we hold about you
- Request correction of inaccurate or incomplete data
- Request deletion of your data (where applicable)
- Withdraw consent at any time
- Object to or restrict certain types of processing
- Lodge a complaint with the Information Commissioner's Office (ICO)

To exercise your rights, please contact us at:

 john-kevin15@hotmail.com

8. Cookies and Website Tracking

Our website may use cookies and similar technologies to enhance your experience and analyse usage. You can manage or disable cookies through your browser settings.

9. Third-Party Links

Our website or communications may include links to third-party websites (such as PGI, YouTube, or payment platforms). We are not responsible for the privacy practices of these external sites.

10. Changes to This Policy

We may update this Privacy Policy from time to time. The latest version will always be available with the updated effective date.

11. Contact Information

For any questions about this Privacy Policy or how your data is handled, please contact:

New Habits Mindset Shifts

 John@newhabitsmindsetshifts.com