



1. Introduction

At 1Life Strategy, your privacy matters. This Privacy Policy explains how your information is collected, used, and protected when you visit this website, submit information, or engage in coaching services.

By using this website or working with 1Life Strategy, you agree to the terms outlined below.

2. Information We Collect

We may collect personal information that you voluntarily provide, including:

- Name
- Email address
- Phone number (if provided)
- Any information shared through contact forms, scheduling tools, or coaching sessions

We may also collect limited non-personal data such as:

- Browser type
- Device information
- Website usage data (via cookies or analytics tools)

3. How Your Information Is Used

Your information is used to:

- Respond to inquiries or messages
- Schedule and manage appointments
- Provide coaching services
- Send follow-up communication, including session notes or recordings
- Improve website experience and services

We do not sell, rent, or share your personal information with third parties for marketing purposes.

4. Coaching & Session Confidentiality

Information shared during coaching sessions is treated with respect and discretion.

However, coaching is not therapy, legal, or financial advice, and confidentiality is maintained within reasonable and professional boundaries.

Session recordings (if applicable) are provided to you for personal use and are not shared externally.

5. Cookies & Analytics

This website may use cookies or similar technologies to enhance user experience and understand how visitors interact with the site.

You can adjust your browser settings to disable cookies if preferred.

6. Third-Party Services

We may use trusted third-party tools (such as scheduling platforms, payment processors, or email services) to support business operations.

These providers have their own privacy policies governing how your information is handled.

7. Data Security

Reasonable measures are taken to protect your information. However, no method of transmission over the internet is 100% secure.

8. Your Rights

You may request to:

- Access, update, or correct your information
- Request deletion of your personal data (where applicable)

To make a request, please contact us using the information below.

9. Contact Information

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

1Life Strategy

Email: [Insert Your Email Address]

10. Updates to This Policy

This Privacy Policy may be updated from time to time. Updates will be reflected with a revised effective date.

