

Privacy Policy

Effective Date: 18/3/2025

Last Updated: 18/3/2025

1. Introduction

Welcome to Longevityperformancecoaching.com ("we," "our," "us"). We are committed to protecting and respecting your privacy. This Privacy Policy explains how we collect, use, and safeguard your information when you visit our website <https://Longevityperformancecoaching.com> ("Website").

By using our Website, you agree to the collection and use of information in accordance with this Privacy Policy. If you do not agree, please refrain from using our Website.

2. Information We Collect

We may collect and process the following types of personal data:

- **Personal Information:** Name, email address, phone number, postal address, and other contact details.
- **Technical Data:** IP address, browser type, operating system, and device information.
- **Usage Data:** Pages visited, time spent on pages, and interactions with our Website.
- **Cookies and Tracking Technologies:** We use cookies and similar technologies to enhance user experience and analyse Website performance. You can manage your cookie preferences in your browser settings.

3. How We Use Your Information

We use the information we collect for the following purposes:

- To provide, operate, and maintain our Website.
- To improve user experience and understand how our Website is used.
- To respond to inquiries, requests, or customer support.
- To send marketing and promotional communications (only with your consent).
- To comply with legal obligations and prevent fraud.

4. Legal Basis for Processing

We process your personal data under the following legal bases:

- **Consent:** Where you have given explicit consent for specific processing activities.
- **Contractual Necessity:** Where processing is necessary to provide you with services.
- **Legal Obligation:** Where we are required by law to process your data.
- **Legitimate Interest:** Where processing is in our legitimate interest and does not override your rights.

5. Data Sharing and Disclosure

We do not sell or rent your personal data. However, we may share your information with:

- **Service Providers:** Third-party vendors who assist in operating our Website and services. The provider we use is Hubspot.
- **Legal Authorities:** If required by law, we may disclose personal data to comply with legal obligations.

- **Business Transfers:** In the event of a merger, acquisition, or asset sale, personal data may be transferred.

6. Data Retention

We retain personal data only as long as necessary to fulfil the purposes outlined in this Privacy Policy, unless a longer retention period is required by law.

7. Your Rights

Under UK data protection laws, you have the right to:

- Access your personal data.
- Request correction of inaccurate data.
- Request deletion of your data (subject to legal limitations).
- Object to data processing or request data portability.
- Withdraw consent for marketing communications.

To exercise these rights, please contact us at nigel.issa@longevityperformancecoaching.com.

8. Security Measures

We implement appropriate technical and organisational security measures to protect personal data from unauthorized access, alteration, disclosure, or destruction.

9. Third-Party Links

Our Website may contain links to third-party sites. We are not responsible for the privacy practices of these external sites and encourage you to review their privacy policies.

10. Changes to This Policy

We may update this Privacy Policy from time to time. Any changes will be posted on this page, and where appropriate, we will notify you via email or Website notice.

11. Contact Us

If you have any questions about this Privacy Policy, please contact us at: HTLL Hubs LIMITED

1 Reid Park Close

Newcastle upon Tyne

NE2 2EZ

UK

nigel.issa@longevityperformancecoaching.com

+44 7799627306

This Privacy Policy complies with the UK General Data Protection Regulation (UK GDPR) and the Data Protection Act 2018.