**Privacy policy**

*Effective Date: 15 August 2020*

Salad or Chips is owned and managed by Joanne Conlon and no one else. I am committed to maintaining the trust and confidence of visitors to my website and to my coaching clients. In particular, I want you to know that Salad or Chips is not in the business of selling, renting or trading email lists with other companies and businesses for marketing purposes. Here in this Privacy policy, I’ve provided lots of detailed information on when and why I collect your personal information, how I use it and the very limited conditions under which we may disclose it to others and how we keep it secure. Grab a cuppa and read on…

# Types of data I collectCookies

When someone visits [www.saladorchips.com](http://www.saladorchips.com/) the website uses cookies to improve your experience while you navigate through the website. Out of these cookies, the cookies that are categorized as necessary are stored on your browser as they are essential for the working of basic functionalities of the website. We also use third-party cookies that help us analyse and understand how you use this website. These cookies will be stored in your browser only with your consent. You also have the option to opt-out of these cookies. But opting out of some of these cookies may have an effect on your browsing experience.

There are two types of cookies:

**Necessary cookies**

These are absolutely essential for the website to function properly. This category only includes cookies that ensures basic functionalities and security features of the website. These cookies do not store any personal information.

**Non-necessary cookies**

Any cookies that may not be particularly necessary for the website to function and is used specifically to collect user personal data via analytics and other embedded contents are termed as non-necessary cookies. It is mandatory to procure user consent prior to running these cookies on our website.

## Google Analytics

When someone visits [www.saladorchips.com](http://www.saladorchips.com/) we use a third-party service, Google Analytics, to collect standard internet log information and details of visitor behaviour patterns. We do this to find out things such as the number of visitors to the various parts of the site. This information is only processed in a way which does not identify anyone. We do not make, and do not allow Google to make, any attempt to find out the identities of those visiting the website. All information is anonymised, we collect it to monitor the performance and behaviors of visitors to [www.saladorchips.com](http://www.saladorchips.com/) only. Read more about [Googles Privacy Policy](https://privacy.google.com/businesses/compliance/).

## Actuity scheduling

As part of the meeting booking process, I use a third-party provider Actuity Scheduling, to collect personal information which includes your name, email address, phone number(optional) and information provided (optional) about what the prospective client wants from Health Coaching. I use that information to book appointments and to help you get the most from your discovery session. If you’d prefer not to have your data in Actuity Scheduling please contact me on jo@saladorchips.com and I will remove your data from and organise meetings personally. For more information, please see [Actuity Scheduling’s privacy notice](https://help.acuityscheduling.com/hc/en-us/articles/219149587-Security-Privacy-Compliance).

# Dropbox

For those enrolled in Health coaching, I store data using a third-party provider Dropbox which is secured using multi-factor authentication which is only accessible by myself only . I collect your name, email address and phone number for scheduling purposes and to provide to ICF with a call log of my coaching and anonymised recordings and notes from sessions. For more information please see [Dropbox privacy policy](https://www.dropbox.com/en_GB/privacy).

# Access to your personal information

You are entitled to view, amend, or delete the personal information that we hold. Email your request to Joanne Conlon at jo@saladorchips.com

# Changes to this Privacy Notice

I’ll update this Privacy Policy from time to time to reflect changes in technology, law, our business operations or any other reason we determine is necessary or appropriate. When changes are made, I’ll update the “Effective Date” at the top of this Privacy Policy.