Privacy Policy

Last updated: 5 October 2026

Grounding Bear Coaching respects your privacy and is committed to protecting your personal information. This Privacy Policy explains how we collect, use and protect your personal information when you visit or use **groundingbear.co.uk**.

1. Who We Are

Grounding Bear Coaching is responsible for the personal information collected through this website.

If you have any questions about how your information is used, you can contact us using the details below:

Business name: Grounding Bear Coaching

Website: groundingbear.co.uk

Email: karen@groundingbear.co.uk

Telephone: 07930 110840

2. Information We Collect

When you contact us through our website, we may collect information such as:

- Your name
- Email address
- Telephone number
- Any information you include in your enquiry or message
- Any other information you choose to provide to us

We may also collect basic technical information when you visit our website, such as your IP address, browser type, device information and how you use the website. This may be collected through cookies or website analytics tools.

3. How We Use Your Information

We may use your personal information to:

- Respond to your enquiries
- Provide information about our coaching services
- Arrange or manage coaching sessions
- Communicate with you about your enquiry or services
- Improve our website and services
- Keep appropriate business records
- Meet our legal and regulatory obligations

We will only use your personal information where we have a lawful basis for doing so.

4. How We Collect Your Information

We may collect information directly from you when you:

- Complete a contact or enquiry form on our website
- Contact us by telephone or email
- Request information about our services
- Arrange or use our coaching services
- Communicate with us about your coaching sessions

We may also automatically collect limited technical information when you visit our website through cookies and similar technologies.

5. Cookies

Our website may use cookies and similar technologies to help the website function correctly and to understand how visitors use the site.

Some cookies may be necessary for the website to operate. Other cookies, such as analytics cookies, may be used to understand website traffic and improve the website.

Where required, we will ask for your consent before using non-essential cookies.

You can also control or delete cookies through your browser settings.

6. Sharing Your Information

We will not sell, rent or otherwise trade your personal information.

We may share personal information with trusted third-party service providers where this is necessary to operate our website or provide our services. This may include website hosting providers, email providers, booking or scheduling services, payment providers and other suppliers who process information on our behalf.

We may also disclose information where we are legally required to do so or where necessary to protect our legal rights.

7. How We Protect Your Information

We take reasonable steps to protect your personal information from being lost, misused, accessed without permission, altered or disclosed.

However, no method of transmitting information over the internet or storing information electronically can be guaranteed to be completely secure.

8. How Long We Keep Your Information

We will only keep your personal information for as long as reasonably necessary for the purpose for which it was collected, including dealing with enquiries, providing coaching services, maintaining appropriate business records and meeting legal or accounting requirements.

When information is no longer required, it will be securely deleted or disposed of where appropriate.

9. Your Data Protection Rights

Under UK data protection law, you may have rights in relation to your personal information, including the right to:

- Request access to the personal information we hold about you
- Ask us to correct inaccurate or incomplete information
- Ask us to delete your personal information in certain circumstances
- Ask us to restrict how we use your information in certain circumstances
- Object to certain uses of your personal information
- Withdraw your consent where we rely on consent to process your information

If you would like to exercise any of these rights, please contact us using the details below.

Email: karen@groundingbear.co.uk

Telephone: 07930 110840

We will normally respond to a valid request within one month.

10. Third-Party Websites

Our website may contain links to other websites, including social media platforms and other third-party websites.

If you follow a link to another website, that website will have its own privacy policy and terms. Grounding Bear Coaching is not responsible for how third-party websites collect or use your personal information.

11. Changes to This Privacy Policy

We may update this Privacy Policy from time to time to reflect changes to our services, website or legal requirements.

Any updates will be posted on this page and the updated date will be shown at the top of the policy.

12. Contact Us

If you have any questions about this Privacy Policy or how we use your personal information, please contact Grounding Bear Coaching:

Email: karen@groundingbear.co.uk

Telephone: 07930 110840

Website: groundingbear.co.uk

13. Making a Complaint

If you have concerns about how we are handling your personal information, please contact us first so that we can try to resolve the issue.

You also have the right to complain to the Information Commissioner's Office (ICO) if you believe your personal information has not been handled correctly.