Privacy Policy

Kayleigh Rose Wijnbelt, trading as Motion2Grow, is responsible for processing your personal data.

Contact Details

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The Netherlands
info@motion2grow.com

Personal Information I Collect

I collect information you provide through enquiries, bookings and coaching, and information collected automatically when you use the website. This includes:

- Name and contact details.
- Booking, billing and payment information.
- Coaching forms, goals, correspondence and session notes.
- Cookie identifiers, website use, browsing activity used for personalised advertising, approximate location and browser/device information.

Health and Sensitive Information

I process relevant physical or mental health information you voluntarily share, including such information recorded in coaching forms and session notes.

Purposes and Legal Bases

I use personal information for:

- **Answering enquiries, arranging sessions, providing coaching and administering payments:** steps you request before entering a contract and performance of the coaching agreement.
- **Using relevant health information to understand your needs and provide personalised lifestyle coaching:** your explicit consent.
- **Sending optional newsletters and promotional emails:** your consent.
- **Website analytics and personalised advertising:** your consent.
- **Keeping required tax, consent and privacy records:** legal obligations.
- **Operating and securing the website and handling legal claims:** legitimate interests in providing a functioning, secure service and protecting legal rights. Health information is used for claims only where necessary to establish, exercise or defend them.

Necessary contact, booking and legally required billing information must be provided; otherwise I may be unable to provide the requested service. Health information and marketing subscriptions are optional.

How Long I Keep Information

- **Enquiries and Discovery records without paid coaching, including related consent proof:** up to three months after the last contact.
- **Coaching records and related health-consent proof:** during coaching and up to one year after coaching ends.
- **Required tax records:** the statutory period, normally seven years under Dutch tax law.
- **Newsletter and marketing contact details:** while subscribed and marketing continues. Minimal consent proof is kept for five years after the last marketing email. A minimal opt-out record is kept while needed to prevent further marketing.
- **Google Analytics user/event records:** up to 14 months. For user identifiers, this period may restart when you use the website again.
- **Privacy requests, complaints and necessary evidence for actual legal claims:** until the matter, including any applicable appeal or enforcement stage, has concluded.

Necessary evidence may be retained longer where required by law or for an actual legal claim.

Who Receives Your Information

Where necessary, information is shared with providers of communication, website/forms, hosting, storage, analytics, advertising, administration and payment services; accounting or legal advisers; and authorities where legally required.

Providers operate within the European Economic Area and internationally, including in the United States. Transfers outside the EEA rely on applicable EU adequacy decisions, including the EU-US Data Privacy Framework for certified recipients, or EU-approved Standard Contractual Clauses. Contact me for copies of applicable transfer safeguards.

Cookies

Motion2Grow uses functional, analytical and advertising/tracking cookies. Our Cookie Declaration explains the cookies used, their purposes and lifetimes, and how to manage your consent.

Your Privacy Rights

Where applicable, you can request access, correction, deletion, restriction or portability of your information, and object to processing based on legitimate interests.

You can withdraw health or marketing consent at any time by contacting me. Each marketing email includes an unsubscribe option. Withdrawal does not affect earlier lawful processing.

Send privacy requests to info@motion2grow.com. You can complain to the Autoriteit Persoonsgegevens or another competent data protection authority.