

Privacy Policy



Last updated: Decmeber 2025

Breathe & Bloom is committed to protecting your privacy and handling your personal information with care, transparency, and respect, in accordance with the UK General Data Protection Regulation (UK GDPR) and the Data Protection Act 2018.

Information We Collect

We may collect:

- Name
- Email address
- Phone number
- Booking and attendance details
- Session notes (where relevant)
- Completed forms or reflection worksheets
- Payment details (processed securely via third-party providers only)

How Your Information Is Used

Your information is collected to:

- Provide wellbeing coaching, workshops, and resources
- Manage bookings and communication
- Meet legal, insurance, and safeguarding requirements
- Send optional marketing communications (only with consent)

Data Storage

All personal data is stored securely using password-protected and encrypted systems. Physical records are avoided where possible.

Data Retention

Session notes: retained for up to 7 years

- Booking records and enquiries: 6-12 months
- Marketing data: until consent is withdrawn

Data is securely deleted once retention periods expire.

Your Rights

You have the right to:

- Access your data
- Request corrections
- Withdraw consent
- Request deletion (where applicable)
- Contact:

Data Protection & Confidentiality Policy

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Data Protection:

Breathe & Bloom ensures that all personal data is:

- Collected lawfully and fairly
- Used only for its intended purpose

- Kept accurate and up to date
- Stored securely
- Not retained longer than necessary

Any data breach will be addressed promptly, and the Information Commissioner's Office (ICO) will be notified where required.

Confidentiality:

All information shared during sessions, workshops, or groups is treated as confidential.

Confidentiality may be broken only if:

- There is a risk of harm to yourself or others
- A child or vulnerable person is at risk
- Disclosure is required by law

Where possible, you will be informed before any disclosure.