Cookies policy

1. Introduction

1.1   Our website uses cookies.

1.2   Insofar as those cookies are not strictly necessary for the provision of our website and services, we will ask you to consent to our use of cookies when you first visit our website.

2. Credit

2.1   This document was created using a template from Docular (https://docular.net).

You must retain the above credit. Use of this document without the credit is an infringement of copyright. However, you can purchase from us an equivalent document that does not include the credit.

3. About cookies

3.1   A cookie is a file containing an identifier (a string of letters and numbers) that is sent by a web server to a web browser and is stored by the browser. The identifier is then sent back to the server each time the browser requests a page from the server.

3.2   Cookies may be either "persistent" cookies or "session" cookies: a persistent cookie will be stored by a web browser and will remain valid until its set expiry date, unless deleted by the user before the expiry date; a session cookie, on the other hand, will expire at the end of the user session, when the web browser is closed.

3.3   Cookies may not contain any information that personally identifies a user, but personal data that we store about you may be linked to the information stored in and obtained from cookies.

4. Cookies that we use

4.1   We use cookies for the following purposes:

(a)   **authentication and status** - we use cookies to identify you when you visit our website and as you navigate our website, and to help us determine if you are logged into our website;

(b)   **shopping cart** - we use cookies to maintain the state of your shopping cart as you navigate our website;

(c)   **personalisation** - we use cookies to store information about your preferences and to personalise our website for you;

(d)   **security** - we use cookies as an element of the security measures used to protect user accounts, including preventing fraudulent use of login credentials, and to protect our website and services generally;

(e)   **advertising** - we use cookies to help us to display advertisements that will be relevant to you;

(f)   **analysis** - we use cookies to help us to analyse the use and performance of our website and services; and

(g)   **cookie consent** - we use cookies to store your preferences in relation to the use of cookies more generally.

5.   Cookies used by our service providers

5.1   Our service providers use cookies and those cookies may be stored on your computer when you visit our website.

5.2   We use Google Analytics. Google Analytics gathers information about the use of our website by means of cookies. The information gathered is used to create reports about the use of our website. You can find out more about Google's use of information by visiting https://www.google.com/policies/privacy/partners/ and you can review Google's privacy policy at https://policies.google.com/privacy.

5.3   We publish Google AdSense advertisements on our website. The advertisements may be personalised to reflect your interests. To help determine your interests Google and its partners use cookies. The relevant cookies served from our website are *[identify cookies]*. The cookies are used to track your previous visits to our website and your visits to other websites. You can opt out of Google's personalised advertising by visiting https://www.google.com/settings/ads and you can opt out of third party cookies use for personalised advertising by visiting http://www.aboutads.info. You can review Google's privacy policy at https://policies.google.com/privacy.

6.   Managing cookies

6.1   Most browsers allow you to refuse to accept cookies and to delete cookies. The methods for doing so vary from browser to browser, and from version to version. You can however obtain up-to-date information about blocking and deleting cookies via these links:

(a)   https://support.google.com/chrome/answer/95647 (Chrome);

(b)   https://support.mozilla.org/en-US/kb/enable-and-disable-cookies-website-preferences (Firefox);

(c)   https://help.opera.com/en/latest/security-and-privacy/ (Opera);

(d)   https://support.microsoft.com/en-gb/help/17442/windows-internet-explorer-delete-manage-cookies (Internet Explorer);

(e)   https://support.apple.com/en-gb/guide/safari/manage-cookies-and-website-data-sfri11471/mac (Safari); and

(f)   https://privacy.microsoft.com/en-us/windows-10-microsoft-edge-and-privacy (Edge).

6.2   Blocking all cookies will have a negative impact upon the usability of many websites.

6.3   If you block cookies, you will not be able to use all the features on our website.

7.   Cookie preferences

7.1   You can manage your preferences relating to the use of cookies on our website by visiting: sohailasophiacoaching.com

8.   Our details

8.1   This website is owned and operated by Sohaila Sophia Coaching.

8.2   Our principal place of business is at Albemarle House, PO5 3LB.

8.3   You can contact us:

    (a)   by post, to the postal address given above;

    (b)   using our website contact form; or

    (c)   by email, using the email address published on our website.