

Data Processing Notice

Consent

Health Coaching:

- By using my services, you consent to the collection, processing, and storage of your personal data, including sensitive health information.

Reiki & Yoga:

- By using my services, you provide your consent for the collection and processing of personal data necessary to deliver Reiki & Yoga sessions.

Your data will not be shared with third parties without your explicit consent.

The type of personal information collected:

I currently collect and process the following information:

- Full name
- Email address
- Telephone number
- Health information (health coaching only)

The personal information I process is provided to me directly by you for one of the following reasons:

- To make a booking for Reiki or Yoga sessions.
- To make inquiries or provide information related to the delivery of Health Coaching services.

Storage:

Your personal data is securely stored on OneDrive, an online cloud storage service, and is accessed only through a computer protected by appropriate security software, including encryption and firewalls, to ensure the confidentiality and safety of your information. Your data will be retained for no longer than 5 years, after which it will be securely deleted or destroyed.

Your data protection rights:

Under the Data Protection (Bailiwick of Guernsey) Law, 2017, you have rights as detailed below:

- **Right to information for personal data collected from you.**
- **Right of access.**
- **Right to object to processing for direct marketing purposes.**
- **Right to object to processing on grounds of public interest.**
- **Right to object to processing for historical or scientific purposes.**

- **Right to rectification.**
- **Right to erasure.**
- **Right to restriction of processing.**
- **Right not to be subject to decisions based on automated processing.**
- **Right to data portability.**

For further information on exercising your rights listed above, please visit the following link:
[Individuals Rights · ODPA](#)

In almost all circumstances, you are not required to pay any charge for exercising your rights. If you make a request, I have one month to respond to you.

Please contact me at hello@paulavictoriahealth.com if you wish to make a request.

How to complain:

If you have any concerns about our use of your personal information, you can make a complaint at hello@paulavictoriahealth.com

You can also complain to The Office of the Data Protection Authority (ODPA) if you are unhappy with how I have used your data. <https://www.odpa.gg/>

Contact:

If you have any questions about this data protection policy, how your data is stored, or how your personal data is being processed, please do not hesitate to contact me at hello@paulavictoriahealth.com