

Privacy Policy

At **Aware Parenting with Rocío**, your privacy is important to us. We're committed to keeping your personal data safe and secure. This policy explains how we collect, use, and protect your information in compliance with the **General Data Protection Regulation (GDPR)** and other applicable laws.

1. What Data Do We Collect?

We collect and store the following information:

- **Contact Details:** Your name, email address, and any other contact information you provide.
- **Coaching Session Information:** Any details shared during coaching sessions, such as family information or parenting concerns.
- **Payment Information:** If relevant, for processing payments related to our services.

2. How We Use Your Data

We use your personal data to:

- **Provide Services:** We use the information you provide to deliver coaching sessions and respond to your inquiries.
- **Communicate:** To send updates, answer your questions, and stay in touch about your appointments or coaching.
- **Improve Services:** To enhance our offerings and make the user experience better.

We will only use your data for the purposes outlined above unless we notify you of a new purpose that is compatible with the original one. If we need to use your data for any unrelated purposes, we will inform you and seek your consent where necessary.

3. Your Rights Under GDPR

Under GDPR, you have several rights regarding your personal data:

- **Access Your Data:** You can ask us for details about the personal data we hold on you.
- **Rectify Your Data:** If any of the information we have is incorrect, you can request a correction.
- **Delete Your Data:** You can ask us to delete your data when it is no longer needed for the purposes for which it was collected, or if you withdraw your consent.
- **Restrict Processing:** You can request limitations on how we process your data under certain conditions.
- **Withdraw Consent:** If you've previously consented to data processing (like receiving newsletters), you can withdraw that consent at any time.

To exercise any of these rights, simply contact us at **awareparentingwithrocio@gmail.com**.

4. Sharing Your Data

We do not sell your data. We may share your data in the following situations:

- **Service Providers:** We may share your data with trusted third-party service providers (like website hosting or email services) to help deliver our services. These providers are bound by strict confidentiality and data protection standards.
- **Legal Requirements:** We may disclose your data if required by law, or in response to lawful requests such as court orders.

5. How Long Do We Keep Your Data?

We will retain your personal data only as long as necessary to fulfill the purposes for which we collected it, or as required by law. When your data is no longer needed, we will securely delete or anonymize it.

6. Cookies

Our website uses cookies to enhance your experience and analyze traffic. Cookies are small text files stored on your device that help improve how the website functions. You can manage your cookie preferences in your browser settings. For more details, please refer to our Cookie Policy.

7. Links to Third-Party Websites

Our site may contain links to other websites that we think you'll find useful. However, once you click on those links and leave our site, we're no longer responsible for how those websites handle your data. We encourage you to review the privacy policies of any third-party sites.

8. Changes to This Policy

We may update or modify this Privacy Policy from time to time. Any changes will be posted on this page, and the updated policy will take effect immediately. We recommend checking this page occasionally to stay informed about any changes.

9. Contact Us

If you have any questions, concerns, or would like to exercise your data rights, please reach out to us at **awareparentingwithrocio@gmail.com**. We're happy to help!