

GDPR

Why we hold and process information?

This notice sets out how I hold and process information I hold about you. This includes:

- if you've attended an event, your details will be saved and you will be contacted about future events.
- if you've contacted me directly, I will save your contact details to inform you of classes and events.

How long we store your personal information for

I will not keep any personal data about you for any longer than is necessary for the purposes for which the personal data is processed. I will not transfer or share your personal data.

If you have any questions, please contact me on the contact details provided later on in this notice.

Your rights

Under the GDPR, you have the following rights:

- **Right to correction.** You have the right to have inaccurate personal data about you rectified.
- **The right to erasure.** You have the right to request that I delete your personal data where: (a) the personal data are no longer necessary in relation to the purposes for which they were collected or processed; (b) you withdraw your consent to processing for which I previously obtained your consent; (c) you object to the processing and, as a result, I agree to cease that processing; (d) the personal data has been unlawfully processed; and (e) I am required to erase the personal data in order to comply with the law.
- **Right to object.** You have the right to raise an objection to any of our processing as outlined above. Please tell me if you object to any type of processing that I do, and I will work with you to address any concerns you may have.
- **Right to object to marketing.** If you do not want me to process your personal data for direct marketing, please tell me and I will ensure that we no longer do this.
- **Right to complain to the ICO.** Whilst I would always prefer it if you approached me first about any complaints or queries you may have, you always have the right to lodge a complaint with the Information Commissioner's Office.
- **Right to request access.** You have the right to access a copy of personal data I hold about you. Please contact me on the details provided below.

Contact us

Should you have any concerns or questions about the use of your personal data, or wish to exercise any of the rights outlined above, please contact me using the following details:

Email: sam@bowersboost.co.uk
Phone: 07711864999

Complaints

If you are unhappy with the way that I have processed or handled your data, then you have a right to complain to the Information Commissioner's Office (ICO). The ICO is the supervisory body authorised by the Data Protection Act 2018 to regulate the handling of personal data within the United Kingdom. The contact details for the Information Commissioner's Office are:

Information Commissioner's Office, Wycliffe House, Water Lane, Wilmslow, SK9 5AF

Telephone: 0303 123 1113

Website: <https://ico.org.uk/concerns/>