

Privacy Policy

At **Her Way To Sober Ltd**, we respect your privacy and are committed to protecting your personal data. This policy outlines how we collect, use, and protect your information.

1. Information We Collect

We collect personal information that you provide to us when you register for our courses, sign up for newsletters, or contact us directly. This may include:

- Name
- Email address
- Payment details (via secure payment systems)
- Any other information you voluntarily share with us.

2. How We Use Your Information

We use the information we collect to:

- Provide you with access to courses and materials
- Communicate with you about your course, updates, and events
- Send promotional content (you can opt-out at any time)
- Improve the website and services we offer

3. Data Storage and Security

We take all reasonable steps to ensure that your data is kept safe. All data is stored securely, and we comply with data protection laws. We do not share your personal information with third parties except for necessary business operations (e.g., payment processors).

4. Your Rights

You have the right to access, update, and delete your personal data. If you wish to make any changes, please contact us at **lara@herwaytosober.com**.

5. Cookies

We may use cookies to enhance your experience on our site. These are small text files that are stored on your device. You can adjust your browser settings to refuse cookies, but this may impact your experience on the website.

Acceptable Use Policy

This Acceptable Use Policy outlines the acceptable behaviors when using any of the **Her Way To Sober Ltd** services, including our courses, free materials, and website.

1. Private Use Only

All content, including courses, materials, and resources provided by **Her Way To Sober Ltd**, is for your **personal use only**. You may not distribute, publish, sell, or disclose our materials, in whole or in part, to any third party, or use it for commercial purposes.

2. Prohibited Uses

You agree not to:

- Engage in any activity that disrupts or interferes with the operation of our website or services.
- Use our content for any purpose other than personal self-improvement.
- Share any content, materials, or resources from our courses publicly or with unauthorized individuals.
- Use offensive language or engage in any behavior that is abusive or harmful to other participants in our community.

3. Content Ownership

You do not have the right to copy, modify, distribute, sell, or use any of our content for purposes other than personal, non-commercial use.

Terms of Use and Intellectual Property Rights

These terms apply to your access and use of all **Her Way To Sober Ltd** products and services.

1. Ownership

As between us and you, **Her Way To Sober Ltd** owns all Intellectual Property Rights in all products, including courses, materials, content, and the website itself.

2. License to Use

We grant you a **non-exclusive, non-transferable** license to use the products and services solely for your **personal use**. This license allows you to access and consume the content provided, but **not to redistribute, sell, or use the content in any commercial manner**.

3. Prohibited Actions

The distribution, publishing, selling, or disclosing of any product, course material, or content, whether for payment or otherwise, is strictly prohibited. Any attempt to do so will be subject to legal action.

4. Termination

We reserve the right to terminate or suspend your access to our services if you violate any of these terms. Upon termination, all licenses granted to you will end immediately, and you must cease using our materials.

Final Notes

By using our website or enrolling in our programs, you acknowledge and agree to the terms laid out in this document. If you have any questions, please feel free to contact us at **lara@herwaytosober.com**