



PAUSE - GDPR PRIVACY POLICY

Pause - GDPR Privacy Policy

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1. INTRODUCTION

WELCOME TO PAUSE

My name is Saida Goutel and I am the owner and founder of www.pa-u-se.co.uk

Pa-u-se.co.uk is run as a sole trader company dedicated to Wellbeing via Talks/ Mindfulness/Reiki & Channelling/ Gratitude Group Sessions/ Workshops-Seminars in UK and France.

My talks and well-being practices are aimed at schools, and any other organisations or individuals interested in fostering and enhancing a physical, emotional and spiritual balance in the here and now of their life.

All the Content on our Website is provided for general information purposes only and does not claim to be or constitute any legal, medical advice and shall not be relied upon as such.

2. PAUSE - PRIVACY POLICY - Part 1

At Pause, your Privacy is important to us. We value the privacy of everyone who visits this website and We will only collect and use your personal data in ways that are described here, and in a way that is consistent with our legitimate business purposes and your rights in line with the EU General Data Protection Regulation which took effect on 25th May 2018.

Our Privacy Policy will give you a clear description about the way We collect, process and use your personal information.

We strongly encourage our Users to read this Privacy Policy in order to make informed decisions. So your understanding and acceptance of this Privacy Policy is necessary when you decide to contact us for requesting information about our services.

We also reserve the right to modify this privacy policy at any time, so please review it from time to time and see if you are satisfied with the changes. However, any changes or updates will be notified on the site so you are fully aware of it.

2. PAUSE - PRIVACY POLICY - Part 2

This Privacy Policy outlines pa-u-se.co.uk Services and Products and the following terms shall have the following meanings:

Pa-u-se.co.uk is referred to as “Company”, “We”, “Us”, “Services”, “Site or Website”

By “Content” we mean information, data and documents uploaded and published on the Website.

By “Users” we mean individuals sharing personal information with Us when requesting information or booking services or purchasing our products and referred as “You”

By “Events” we mean scheduled talks & wellbeing practices, workshops-Seminars in UK or France.

By “Services” & “Products” we mean “talks”, “workshops” or “one-to-one sessions”, publications of quotes of pearls of silence, fake pearls used for meditation, merchandise displaying Pause logo (eg: stickers/pens et...)

By GDPR we mean the EU General Data Protection Regulation.

Needless to say your personal information needs to be processed in order to perform our contractual obligations towards you and providing you with our services as well as protecting our legitimate business interests.

So when you use the Site and ticked the “I agree” box after you entered your details in the contact form; you are explicitly giving us your consent to the collection, storage, disclosure and use of your personal information as described in this Privacy Policy.

3. YOUR INFORMATION - PURPOSE OF DATA PROCESSING

We process your personal information for the following purposes:

- Providing our services, including talks & wellbeing practises, Reiki & Channelling, Gratitude Group sessions, and workshops-seminars in UK & France.
- Communicating with you regarding our offerings and events
- Complying with legal and regulatory obligations
- Improving our services based on feedback and preferences

4. YOUR INFORMATION - WHAT WE COLLECT - Part 1

We receive, collect and store any information when you enter on our website, when you complete form, when you provide us with comments/ testimonials, when you email or supply us with information using other channels such as letters, phone calls, text messages or when you contact us via applications (eg: Whatsapp etc...)

See below examples of the types of personal data about you that We may receive, collect and process:

Your Personal Identity: this may include at a minimum your title, first name, last name, gender or date of birth.

Your Contact Details: this may include at a minimum your email address, telephone/mobile number or your postal address.

Your Financial Data: This may include at a minimum your name, email address, delivery address, billing address, your phone number, and your payment details (eg: debit or credit card number) when paying either for Our Services, Products or in case of refunding.

Your information posted on Our Site: This may include Personal Information posted by you (including your username, comments, review, pictures etc.)

4. YOUR INFORMATION - WHAT WE COLLECT - Part 2

Collecting Sensitive Personal Data such as:

a) Information about & from Adults

By accessing and/or using our Site, you may provide us with personal information as described on this page. You acknowledge that you have read and understood our Privacy Policy, which implies the collection, use, storage and disclosure of such personal information.

When programming Events or private sessions on a one-to-one basis, we may require you complete a personal history questionnaire, which might reveal Sensitive Data (eg: questions about your overall mental and physical health, your dietary requirements)

Your data can only be processed on the condition that you have given us your explicit consent to fulfil our contract with you.

In the eventuality you do not provide us with the data We request from you, We may not be able to fulfil our contract and therefore the Service you booked or registered for will have to be cancelled.

Last but not least, you are solely responsible for your own content (eg : when leaving us a comment, testimonial or a review etc.) by doing so you automatically grant pa-u-se.co.uk a royalty free and license to use, reproduce, modify, translate into French and publish your comment/review etc. to promote our Site

4. YOUR INFORMATION - WHAT WE COLLECT - Part 3

b) Information about/from Children

Definitions of a child sourced from: <https://learning.nspcc.org.uk/>)

“ The United Nations Convention on the Rights of the Child (UNCRC) defines a child as everyone under 18 unless under the law applicable to the child, majority is attained earlier"

In England, Scotland & Wales

a child is defined as anyone who has not yet reached their 18th birthday. Child protection guidance points out that even if a child has reached 16 years of age and is:

- living independently
- in further education
- a member of the armed forces
- in hospital
- or in custody in the secure estate

4. YOUR INFORMATION - WHAT WE COLLECT - Part 4

“They are still legally children and should be given the same protection and entitlements as any other child”
(Department for Education, 2018a)

At Pause, We take Children’s Privacy and Safety very seriously. Our Site is addressed to a general audience and not specifically directed to children. We do not collect information about children or minors whose age is defined by law (see section above about the definition of a child)

We will NOT authorise any under age individual to contact us via The Site or other channels such as letters, phone calls or text messages in order to book Our Services WITHOUT receiving prior consent by a parent or legal guardian. Similarly, under no circumstances shall We collect or store personal data related to an under age individual WITHOUT receiving prior consent by a parent or legal guardian. In the event We learn that someone under 18 has provided personal information through The Site, the removal of that information from Our database will take immediate effect.

Similarly, if a parent or guardian becomes aware that his or her child has provided us with Personal information without their consent, he or she must contact us without any delay at saida@pa-u-se.co.uk

At Pause, We welcome parents accompanying their child/children whenever there is an event taking place that might give them more insight in helping their children’s mental health or their mutual relationships.

5. YOUR INFORMATION - HOW WE COLLECT IT

Collecting Information Directly From You:

- When You communicate with Us through phone, email, text messages, post or whenever You fill in a form on our Website or emailed to You to give Us your personal identity, your contact or bank details.
- When You place a booking/order for our Services/Products.
- When You complete a questionnaire/survey.
- When You subscribe to our newsletter or weekly videos.
- When You purchase written or visual publications (mindful/spiritual quotes, videos or audios)
- When You email or post us your comment/testimonial.
- When You join our fundraising campaign to support a charity.

6. WHAT ARE COOKIES & WHAT THEY DO

By cookies we mean small pieces of data stored on our Site browser. They are typically used to keep track of the settings Users have selected and actions they have taken on a site. Cookies are key to the good functioning of specific IT systems such as:

- To allow you to navigate between pages efficiently.
- To enable automatic activation of certain features.
- To remember and store your preferences.
- To facilitate the interaction between you and our Services and therefore making your interaction quicker and easier.
- To compile statistical data on your use of our Services.
- Our Site uses the following types of cookie via WIX's platform* (*information is directly source from Wix.com)

7. YOUR INFORMATION - USER'S RIGHTS

You have the right to:

- Access, correct, or delete your personal information
- Object to the processing of your data
- Withdraw consent at any time
- Lodge a complaint with a supervisory authority

<https://ico.org.uk/for-organisations/guide-to-the-general-data-protection-regulation-gdpr/individual-rights/>

8. DATA RETENTION

We will retain your personal information for as long as necessary to fulfill the purposes outlined in this policy, or as required by law. You may request the deletion of your data when it is no longer needed for these purposes.

9. YOUR INFORMATION & DATA SECURITY

Your personal data is placed under the security services of our platform host Wix who run their 24/7 security measures to prevent your personal data from being accidentally lost, used or accessed in an unauthorised way, altered or disclosed.

We have also put in place additional security measures such as limiting access to your personal data to contractors and third parties who have a business with us. They will only process your personal data on our instructions and under full confidentiality.

You need to be aware that no method of transmission over the Internet, or method of electronic storage, is fully secure. While We take all necessary steps to protect your information from unauthorised access, use, or disclosure, We cannot guarantee the security of your Personal Information and We cannot be held responsible for any illicit action from individuals who perform unauthorised access to our Site. Therefore We cannot give our full warranty that we will prevent such access.

However, We will inform you of a breach to your Personal Information - as required by law – and We may notify you electronically, in writing or by telephone.

Needless to say that you are responsible for any access or use of your account/password/device by someone else. In the event you have not authorized such access or use, you should notify us as quickly as possible.

10. YOUR INFORMATION & INTERNATIONAL TRANSFER

When booking an Event (eg: Talks/workshops-Seminars) held within or outside the European Union, you acknowledge the collection, international transfer, storage, and processing of your information.

We may be required to transfer your data to our business Partners within or outside the European Union. Their processing of information on our behalf will involve a transfer of data within or outside the EU.

Whenever, We transfer your personal data within or outside the EU, We ensure that a similar degree of protection is put in place and in line with data protection laws.

11. LINKS TO PARTNERS /THIRD PARTIES

Pau-u-se.co.uk Site displays a dedicated page to our Partners sites accessible via links. These links are provided for your information only. We have no control over the contents of sites that We do not own, and hold no responsibility for them or for any loss or damage that may arise when accessing their websites. So We strongly encourage you to check their Terms of Use and Privacy Policies to be clearly informed on how they may use your information.

Only with your explicit consent, We may share your Personal Information with our business partners, and they may contact you by email, telephone, postal mail or other common communication methods with marketing and promotional messages about their products or services. You may also be given the option to receive further communications from our direct partners (for example when you agree to be part of a survey, prize competition or when you book a retreat in UK or France)

12. COPY RIGHTS & CODE OF CONDUCT

The Website and all its content (eg: trade name, logo as well as texts, videos) must be regarded as our property protected under copyright laws. Therefore you agree not to infringe these rights. However, If you wish to make any use of content on our site please contact saida@pa-u-se.co.uk

We do not guarantee that Our Site is totally error or omission free or that the host server is free of viruses. We will not be liable for any loss or damage caused by a virus due to your use of the Website or to your downloading of any content on it, or on any website linked to it.

Last but not least, when leaving us a comment or review, you agree to refrain from using inappropriate language. We will not assume liability or endorse your use of the content, which might be a breach to other people's rights. If you post any content that is offensive on different levels involving racist, sexist, homophobic or unethical comments, you will be reported and blocked from further interaction on our Site.

13. CHANGES TO POLICY

This Privacy Policy may be updated periodically. Any changes will be reflected on our website, and you will be notified of significant modifications.

14. CONTACT INFORMATION

If you have any questions or concerns regarding this Privacy Policy or the processing of your personal data, please contact us at:

saida@pa-u-se.co.uk

Thank you for entrusting PAUSE with your well-being.