

Confidentiality Statement

At **Chris-Cooper Coaching** I prioritize your privacy and the confidentiality of your personal information. As a provider of online general health coaching services, I understand the importance of securing the information you share with me.

1. **Commitment to Privacy:**

I am committed to maintaining the confidentiality of all information disclosed during our coaching sessions. This includes personal details, health information, and the content of our discussions.

2. **Scope of Confidentiality:**

All information shared with **Chris-Cooper Coaching** including during virtual sessions, via email, or through any other communication method, will be kept strictly confidential. I will not disclose this information to any third party without your explicit consent, except under specific circumstances as required by law.

3. **Exceptions to Confidentiality:**

There are certain situations where I may be required to disclose information, including:

- If there is a risk of harm to yourself or others.
- If there is a legal obligation, such as a court order, to disclose information.
- If there is a need to report abuse or neglect.

4. **Data Protection:**

I employ industry-standard security measures to protect your information. This includes encrypted storage, secure databases, and other technical, administrative, and physical safeguards to prevent unauthorized access.

5. **Third-Party Access:**

Your information will not be shared with any third parties without your explicit consent. If collaboration with other professionals (e.g., healthcare providers) is necessary for your benefit, I will obtain your permission before sharing any details.

6. **International Considerations:**

Given the international nature of my services, I comply with relevant data protection laws, such as the General Data Protection Regulation (GDPR) for clients in the European Union.