

Privacy Policy

1. Introduction

Cahill Coaching is committed to protecting your privacy. This Privacy Policy explains how we collect, use, and safeguard your personal information when you visit our website and purchase our training guides.

2. Information We Collect

We may collect personal information including your name, email address, billing information, and purchase history when you use our website or buy our products.

3. How We Use Your Information

We use your information to:

- Process payments and deliver digital products.
- Provide customer support.
- Improve our website and services.
- Send promotional offers (if opted in)

4. Data Protection

We implement appropriate security measures to protect your personal data. However, no online transaction is 100% secure, and we cannot guarantee absolute security.

5. Sharing Your Information

We do not sell or rent your personal information. We may share necessary data with payment processors and email marketing platforms to fulfil your purchases and communications.

6. Cookies

We use cookies to enhance user experience and track site usage. You can modify your browser settings to disable cookies.

7. Your Rights

You can request access to your data, request corrections, or opt out of marketing communications at any time.

8. Contact Us

For privacy-related inquiries, email us at [cahill.coaching1@gmail.com].

Terms and Conditions

1. Introduction

These Terms govern your use of the Cahill Coaching website and digital training guides. By purchasing and using our products, you agree to these terms.

2. Intellectual Property

All content, including training guides, is the intellectual property of Cahill Coaching. You may not reproduce, distribute, or share our materials without permission.

3. Payment & Refunds

- All sales are final. Due to the digital nature of our products, we do not offer refunds.
- Payments are processed securely through third-party payment providers.

4. Limitation of Liability

Our training guides provide general fitness advice. We are not responsible for injuries or health issues resulting from following our plans. Consult a medical professional before starting any new training program.

5. User Conduct

Users agree not to misuse our website, engage in fraudulent activities, or violate any laws while using our services.

6. Modifications to Terms

We may update these Terms and Conditions at any time. Continued use of our website constitutes acceptance of any changes.

7. Governing Law

These Terms are governed by the laws of the United Kingdom.

8. Contact Information

For any questions, email us at [cahill.coaching1@gmail.com].