



Essentially and Forward
Integrative Therapeutic Coaching

Cookie Policy

Our website uses cookies to distinguish you from other users of our website. This helps us to provide you with a good experience when you browse our website and also allows us to improve our site.

A cookie is a small text file which is placed onto your computer (or other electronic device) when you access our website.

We use cookies on this website to:

- recognise you whenever you visit this website (this speeds up your access to the website as you do not have to log in each time);
- obtain information about your preferences, online movements and use of the internet;
- carry out research and statistical analysis to help improve our content, products and services and to help us better understand our visitor requirements and interests;
- target our marketing and advertising campaigns more effectively by providing interest-based advertisements that are personalised to your interests; and
- make your online experience more efficient and enjoyable.

The information we obtain from our use of cookies will not usually contain your personal data. Although we may obtain information about your computer or other electronic device such as your IP address, your browser and/or other internet log information, this will not usually identify you personally. In certain circumstances we may collect personal information about you—but only where you voluntarily provide it (eg by completing an online form).

We use the following types of cookies:

- **Strictly necessary cookies.** These are cookies that are required for the operation of our website.
- **Analytical or performance cookies.** These allow us to recognise and count the number of visitors and to see how visitors move around our website when they are using it. This helps us to improve the way our website works, for example, by ensuring that users are finding what they are looking for easily.
- **Functionality cookies.** These are used to recognise you when you return to our website. This enables us to personalise our content for you, greet you by name and remember your preferences (for example, your choice of language or region).
- **Targeting cookies.** These cookies record your visit to our website, the pages you have visited and the links you have followed. We will use this information to make our website and the advertising displayed on it more relevant to your interests.

Apart from in the case of strictly necessary cookies, we will need your consent in order to use cookies on this website.

First and third party cookies

First party cookies are cookies set by our website. Third party cookies are cookies on our website that are set by another website, such as where we have adverts on our website or use Facebook pixels so that we can show you relevant content from us when you are on Facebook.

We use only first party cookies on this website.

More detail about our cookies

The table below provides more information about the cookies we use and why:

Cookie	Expires after	Type of cookie	Purpose for the cookie
XSRF-TOKEN	Session	Essential	This is a cookie used for website security reasons
hs	Session	Essential	This is a cookie used for website security reasons
svSession	12 months	Essential	This cookie is used in conjunction with user login
SSR-caching	1 minute	Essential	This cookie is used to indicate the system the site was rendered
_wixCIDX	3 months	Essential	This cookie is used for monitoring and/or debugging
_wix_browser_sess	Session	Essential	This cookie is used for monitoring and/or debugging
Consent-policy	12 months	Essential	This cookie is used for cookie banner parameters
smSession	Session	Essential	This cookie is used to identify logged in site members
TS*	Session	Essential	This cookie is used for security and anti-fraud reasons
bSession	30 minutes	Essential	This cookie is used for effectiveness measurement
Fedops.logger.X	12 months	Essential	This cookie is used for stability/effectiveness measurement
wixLanguage	12 months	Functional	This cookie is used on multilingual websites in order to save language preferences

How to turn off cookies or alter settings

You can alter your cookie preferences at any time by going to the cookie consent banner.

If you do not want to accept cookies, you can also change your browser settings so that cookies are not accepted. If you do this, please be aware that you may lose some of the functionality of this website.

To opt out of being tracked by Google Analytics across all websites, visit <http://tools.google.com/dlpage/gaoptout>.

For further information about cookies and how to disable them please go to the Information Commissioner's webpage on cookies: <https://ico.org.uk/for-the-public/online/cookies/>.

Except for essential cookies, all cookies will expire after 12 months.