

# **Anita Findon Coaching Cookies Policy**

## **What are cookies?**

Cookies are small text files containing a string of characters that can be placed on your computer or mobile device that uniquely identify your browser or device.

Cookies allow a site or services to know if your computer or device has visited that site or service before. Cookies can then be used to help understand how the site or service is being used, help you navigate between pages efficiently, help remember your preferences, and generally improve your browsing experience.

## **What types of cookies does Anita Findon Coaching use?**

There are generally four categories of cookies: Strictly Necessary, Performance, Functionality, and Targeting. The cookies used on Anita Findon Coaching's website are Strictly Necessary and Performance cookies.

### **Strictly Necessary Cookies**

These cookies are essential, as they enable you to move around the website and use its features.

### **Performance Cookies**

These cookies collect information about how you have used the website.

- Google Analytics uses cookies to collect information about how visitors use the website. The information is used to compile reports and to help us improve the website. The cookies collect information in an anonymous form, including the number of visitors to the website, where visitors have come to the website from and the pages they visited.
- Cookie Preference using civicCookieControl. This cookie is used to remember a user's choice about cookies on Anita Findon Coaching. Where users have previously indicated a preference, that user's preference will be stored in this cookie.

Cookies on Anita Findon Coaching website have to be accepted by the user.

### **How long will cookies stay on my device?**

The length of time a cookie will stay on your computer or mobile device depends on whether it is a persistent or session cookie. Session cookies will only stay on your device until you stop browsing. Persistent cookies stay on your computer or mobile device until they expire or are deleted. Cookies can be deleted.

## **Blocking cookies**

If you don't want sites to store cookies on your PC, you can block cookies. Blocking cookies may prevent some pages from displaying correctly, or you may get a message from a site letting you know that you need to allow cookies to view that site.

## **How do I change my cookie settings?**

Most web browsers allow some control of most cookies through the browser settings. To find out more about cookies, including how to see what cookies have been set, visit [www.aboutcookies.org](http://www.aboutcookies.org) or [www.allaboutcookies.org](http://www.allaboutcookies.org).