

Terms and Conditions

Last updated: 12 January 2026

Please read these Terms and Conditions carefully before using this website.

Interpretation and Definitions

Interpretation

Words with capitalised initial letters have meanings defined under the following conditions. These definitions apply whether the words appear in singular or plural form.

Definitions

For the purposes of these Terms and Conditions:

- **Company** (referred to as “the Company”, “We”, “Us” or “Our”) refers to **Stephanie Holder Coaching**.
- **Country** refers to the United Kingdom.
- **Device** means any device capable of accessing the Website, including a computer, mobile phone, or tablet.
- **Service** refers to the information, content, and enquiry facilities provided via the Website.
- **Website** refers to **Stephanie Holder Coaching**, accessible at www.stephanieholdercoaching.com.
- **You** means the individual or organisation accessing or using the Website.

Acknowledgment

These Terms and Conditions govern your use of this Website and form a binding agreement between You and the Company.

By accessing or using the Website, You agree to be bound by these Terms. If You do not agree, You must not use the Website.

You confirm that You are at least 18 years of age.

Your use of the Website is also subject to Our **Privacy Policy**, which explains how We collect and process personal data in accordance with UK GDPR.

Nature of the Website and Services

This Website is provided for **informational and enquiry purposes only**.

- No coaching services, courses, subscriptions, or digital products are sold directly through this Website.

- Any coaching services offered by the Company are subject to **separate written agreements**, proposals, or contracts agreed outside of this Website.
- Submitting an enquiry or subscribing to communications does **not** create a coaching relationship or contractual obligation.

Subscriptions, Downloads, and Enquiries

You may choose to:

- Subscribe to email communications
- Provide your email address to receive a downloadable PDF
- Submit enquiries via contact forms

By doing so, You confirm that the information You provide is accurate and that You consent to its processing in line with Our Privacy Policy.

You may unsubscribe from communications at any time using the link provided in emails or by contacting Us.

User Content

Users are not permitted to upload or publish content to the Website.

Any information submitted via forms or enquiries is used solely for communication and service-related purposes and is handled in accordance with Our Privacy Policy.

Intellectual Property

All content on the Website, including text, images, graphics, logos, branding, design elements, and written materials, is the exclusive property of **Stephanie Holder Coaching** unless otherwise stated.

You may not copy, reproduce, distribute, modify, or create derivative works from any content on this Website without prior written permission.

Feedback and Suggestions

If You provide feedback, comments, or suggestions relating to the Website or services, You agree that the Company may use and implement such feedback without obligation to compensate or credit You.

Professional Disclaimer

The content on this Website is provided for **general informational and educational purposes only**.

Coaching services offered by the Company are not therapy, counselling, medical treatment, legal advice, or financial advice. You are responsible for your own decisions, actions, and outcomes.

No guarantees are made regarding results.

Limitation of Liability

To the maximum extent permitted by law:

- The Company shall not be liable for any indirect, incidental, or consequential loss arising from your use of the Website.
- The Company does not accept liability for reliance on information provided on the Website.
- Where liability cannot be excluded, it shall be limited to £100.

“As Is” Disclaimer

The Website is provided on an “AS IS” and “AS AVAILABLE” basis. We do not guarantee uninterrupted access, accuracy, or that the Website will be free from errors or harmful components.

Governing Law

These Terms are governed by and construed in accordance with the laws of **England and Wales**.

Dispute Resolution

If You have any concerns or disputes relating to the Website, You agree to attempt to resolve them informally by contacting Us first.

Severability and Waiver

If any provision of these Terms is found to be invalid or unenforceable, the remaining provisions shall remain in full force and effect. Failure to enforce any right shall not constitute a waiver.

Changes to These Terms

We may update these Terms from time to time. Any changes will be posted on this page with an updated “Last updated” date. Continued use of the Website constitutes acceptance of the revised Terms.

Contact Us

If you have any questions about these Terms and Conditions, please contact:

 **Email:** stephanie@stephanieholdercoaching.com