

Privacy Policy

Effective Date: March 24, 2026

Welcome to Pain Free Performance ("we," "our," or "us"). We are committed to protecting your privacy and ensuring that your personal information is handled in a safe and responsible manner. This Privacy Policy outlines how we collect, use, disclose, and protect your information when you visit our website, painfreeperformance.co, and use our services, including our certification programs and online courses.

1. Information We Collect

We may collect the following types of information:

- **Personal Identification Information:** When you enroll in a course, sign up for our newsletter, or contact us, we may collect personal information such as your name, email address, phone number, and billing address.
- **Payment Information:** If you make a purchase, our third-party payment processors will collect your payment details, such as credit card information. We do not store full credit card numbers on our servers.
- **Usage Data:** We automatically collect information about your interaction with our website, including your IP address, browser type, pages visited, and the dates and times of your visits.
- **Course Progress and Performance:** As you participate in our certification programs, we track your progress, quiz results, and overall performance to provide you with the certification and support you need.

2. How We Use Your Information

We use the information we collect for various purposes, including:

- **Providing Services:** To process your enrollment, deliver course content, and issue certifications.
- **Communication:** To send you administrative emails, course updates, newsletters, and respond to your inquiries.
- **Improvement:** To analyze usage trends and improve our website, course offerings, and overall user experience.
- **Marketing:** To provide you with promotional materials and offers related to our services, provided you have opted in to receive such communications.

3. How We Share Your Information

We do not sell or rent your personal information to third parties. We may share your information in the following circumstances:

- **Service Providers:** We may share information with trusted third-party vendors who assist us in operating our website, processing payments, and delivering our services. These vendors are bound by confidentiality agreements.
- **Legal Compliance:** We may disclose your information if required by law, regulation, or legal process, or to protect the rights, property, or safety of Pain Free Performance, our users, or others.
- **Business Transfers:** In the event of a merger, acquisition, or sale of all or a portion of our assets, your information may be transferred as part of the transaction.

4. Data Security

We implement reasonable security measures to protect your personal information from unauthorized access, alteration, disclosure, or destruction. However, no method of transmission over the internet or electronic storage is 100% secure, and we cannot guarantee absolute security.

5. Your Choices

You have the right to:

- **Access and Update:** Review and update your personal information by logging into your account or contacting us.
- **Opt-Out:** Unsubscribe from our marketing emails by following the instructions provided in those emails. You will continue to receive essential administrative communications.
- **Data Deletion:** Request the deletion of your personal information, subject to certain legal and operational exceptions.

6. Third-Party Links

Our website may contain links to third-party websites. We are not responsible for the privacy practices or content of those sites. We encourage you to review the privacy policies of any third-party sites you visit.

7. Children's Privacy

Our services are not directed to individuals under the age of 18. We do not knowingly collect personal information from children. If we become aware that we have collected such information, we will take steps to delete it.

8. Changes to This Privacy Policy

We may update this Privacy Policy from time to time. Any changes will be posted on this page with an updated "Effective Date." Your continued use of our website and services after any modifications indicates your acceptance of the updated policy.

9. Contact Us

If you have any questions or concerns about this Privacy Policy or our data practices, please contact us at:

Email: info@painfreetraining.com

Website: painfreeperformance.co