

Cathie Jeannot Cookies Policy

Cookies Policy

This website (www.cathiejeannot.com) uses essential performance cookies. These are small text files that are placed on your device to help this website to provide a better user experience. In general, cookies are used to retain user preferences, store information, and provide anonymised tracking data to third party applications like Google Analytics. As a rule, cookies will make your browsing experience better. However, you may prefer to disable cookies on this site and on others. The most effective way to do this is to disable cookies in your browser and by not selecting the 'Accept Cookies' option on our webpage. We suggest consulting the Help section of your browser or taking a look at the [About Cookies](#) website which offers guidance for all modern browsers.

Information about cookies

A cookie, also known as an HTTP cookie, web cookie, or browser cookie, is usually a small piece of data sent from a website and stored in a user's web browser while a user is browsing a website. When the user browses the same website in the future, the data stored in the cookie can be retrieved by the website to notify the website of the user's previous activity.

How we use cookies

We may use the information we obtain from your use of our cookies for the following purposes:

- to recognise your computer when you visit our website;
- to improve the website's usability;
- to analyse the use of our website.

Below is a list of the cookies we use on this site, which is dynamically updated by Cathie Jeannot Coaching whenever new cookies are encountered and classified.

Strictly necessary cookies:

These cookies are necessary for the website to function and cannot be switched off in our systems. They are usually only set in response to actions made by you which amount to a request for services, such as setting your privacy preferences, logging in or filling in forms. You can set your browser to block or alert you about these cookies, but some parts of the site may not work then.

These cookies are used to make sure visitor page requests are routed to the same server in all browsing sessions and to maintain an anonymised user session by the server.

Performance and third-party cookies:

These cookies allow us to count visits and traffic sources, so we can measure and improve

the performance of our site. They help us know which pages are the most and least popular and see how visitors move around the site. All information these cookies collect is aggregated and therefore anonymous. If you do not allow these cookies, we will not know when you have visited our site.

This website sets "first party" cookies through its use of Google Analytics. We use Google Analytics to provide us with non-personal site analytics, which in turn help us improve this website. Google Analytics tracking uses cookies in order to provide meaningful reports about web site visitors' but they do not collect personal data about you. Google Analytics sets or updates cookies only to collect data required for the reports. Additionally, Google Analytics only uses first-party cookies. This means that all cookies set by Google Analytics cannot be altered or retrieved by any service on any domain other than (www.cathiejeannot.com). Further detailed information on Google Analytics cookies can be [found here](#).

Cookie preferences:

Most browsers allow you to refuse to accept cookies. You can also delete cookies already stored on your computer:

- in Internet Explorer, you must manually delete cookie files (you can find instructions for doing so at <http://support.microsoft.com/kb/278835>)
- in Firefox, you can delete cookies by first ensuring that cookies are to be deleted when you "clear private data" (this setting can be changed by clicking "Tools", "Options" and "Settings" in the "Private Data" box) and then clicking "Clear private data" in the "Tools" menu.

This may temporarily affect the usability of this website. Please also note that if cookies have not been disabled in your browser they will be recreated upon your next visit to this website.