This Cookie Policy was last updated on April 14, 2025 and applies to citizens and legal permanent residents of the European Economic Area and Switzerland.

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1. Introduction

Our website, https://sarahphillipscoaching.com (hereinafter: "the website") uses cookies and other related technologies (for convenience all technologies are referred to as "cookies"). Cookies are also placed by third parties we have engaged. In the document below we inform you about the use of cookies on our website.

2. What are cookies?

A cookie is a small simple file that is sent along with pages of this website and stored by your browser on the hard drive of your computer or another device. The information stored therein may be returned to our servers or to the servers of the relevant third parties during a subsequent visit.

3. What are scripts?

A script is a piece of program code that is used to make our website function properly and interactively. This code is executed on our server or on your device.

4. What is a web beacon?

A web beacon (or a pixel tag) is a small, invisible piece of text or image on a website that is used to monitor traffic on a website. In order to do this, various data about you is stored using web beacons.

5. Cookies

5.1 Technical or functional cookies

Some cookies ensure that certain parts of the website work properly and that your user preferences remain known. By placing functional cookies, we make it easier for you to visit our website. This way, you do not need to repeatedly enter the same information when visiting our website and, for example, the items remain in your shopping cart until you have paid. We may place these cookies without your consent.

5.2 Statistics cookies

We use statistics cookies to optimise the website experience for our users. With these statistics cookies we get insights in the usage of our website. We ask your permission to place statistics cookies.

5.3 Advertising cookies

On this website we use advertising cookies, enabling us to gain insights into the campaign results. This happens based on a profile we create based on your behaviour on https://sarahphillipscoaching.com. With these cookies you, as website visitor, are linked to a unique ID but these cookies will not profile your behaviour and interests to serve personalised ads.

5.4 Marketing/Tracking cookies

Marketing/Tracking cookies are cookies or any other form of local storage, used to create user profiles to display advertising or to track the user on this website or across several websites for similar marketing purposes.

Because these cookies are marked as tracking cookies, we ask your permission to place these.

5.5 Social media

On our website, we have included content from Facebook, Twitter, LinkedIn, WhatsApp, Instagram and TikTok to promote web pages (e.g. "like", "pin") or share (e.g. "tweet") on social networks like Facebook, Twitter, LinkedIn, WhatsApp, Instagram and TikTok. This content is embedded with code derived from Facebook, Twitter, LinkedIn, WhatsApp, Instagram and TikTok and places cookies. This content might store and process certain information for personalised advertising.

Please read the privacy statement of these social networks (which can change regularly) to read what they do with your (personal) data which they process using these cookies. The data that is retrieved is anonymised as much as possible. Facebook, Twitter, LinkedIn, WhatsApp, Instagram and TikTok are located in the United States.

6. Placed cookies

WordPress

Functional

Consent to service wordpress ☐

Usage

We use WordPress for website development. [Read more](#)

Sharing data

This data is not shared with third parties.

Functional

Name

[WP_PREFERENCES_USER_*](#)

Expiration

persistent

Function

Store user preferences

Name

[wpEmojiSettingsSupports](#)

Expiration

session

Function

Store browser details

Name

[wordpress_test_cookie](#)

Expiration

session

Function

Read if cookies can be placed

Name

[wp-settings-time-*](#)

Expiration

1 year

Function

Store user preferences

Name

[wordpress_logged_in_*](#)

Expiration

persistent

Function

Store logged in users

Google Fonts

Marketing

Consent to service google-fonts ☐

Usage

We use Google Fonts for display of webfonts. [Read more](#)

Sharing data

For more information, please read the [Google Fonts Privacy Statement](#).

Marketing

Name

[Google Fonts API](#)

Expiration

expires immediately

Function

Read user IP address

Google reCAPTCHA

Marketing

Consent to service google-recaptcha ☐

Usage

We use Google reCAPTCHA for spam prevention. [Read more](#)

Sharing data

For more information, please read the [Google reCAPTCHA Privacy Statement](#).

Marketing

Name

[rc::c](#)

Expiration

session

Function

Read and filter requests from bots

Name

[rc::b](rc::b)

Expiration

session

Function

Read and filter requests from bots

Name

[rc::a](rc::a)

Expiration

persistent

Function

Read and filter requests from bots

Vimeo

Statistics

Consent to service vimeo ☐

Usage

We use Vimeo for video display. [Read more](#)

Sharing data

For more information, please read the [Vimeo Privacy Statement](#).

Statistics

Name

[__utmt_player](#)

Expiration

10 minutes

Function

Store and track audience reach

Name

[vuid](#)

Expiration

2 years

Function

Store the user's usage history

YouTube

Marketing

Consent to service youtube ☐

Usage

We use YouTube for video display. [Read more](#)

Sharing data

For more information, please read the [YouTube Privacy Statement](#).

Marketing

Name

[GPS](#)

Expiration

session

Function

Store location data

Name

[VISITOR_INFO1_LIVE](#)

Expiration

6 months

Function

Provide ad delivery or retargeting

Name

[YSC](#)

Expiration

session

Function

Store and track interaction

Name

[PREF](#)

Expiration

8 months

Function

Store user preferences

Facebook

Marketing, Functional

Consent to service facebook ☐

Usage

We use Facebook for display of recent social posts and/or social share buttons. [Read more](#)

Sharing data

For more information, please read the [Facebook Privacy Statement](#).

Marketing

Name

[_fbc](#)

Expiration

2 years

Function

Store last visit

Name

[fbm*](#)

Expiration

1 year

Function

Store account details

Name

[xs](#)

Expiration

3 months

Function

Store a unique session ID

Name

[fr](#)

Expiration

3 months

Function

Provide ad delivery or retargeting

Name

[act](#)

Expiration

90 days

Function

Store logged in users

Name

[_fbp](#)

Expiration

3 months

Function

Store and track visits across websites

Name

[datr](#)

Expiration

2 years

Function

Provide fraud prevention

Name

[c_user](#)

Expiration

30 days

Function

Store a unique user ID

Name

[sb](#)

Expiration

2 years

Function

Store browser details

Name

[*_fbm_](#)

Expiration

1 year

Function

Store account details

Functional

Name

[wd](wd)

Expiration

1 week

Function

Read screen resolution

Name

[csm](csm)

Expiration

90 days

Function

Provide fraud prevention

Name

actppresence

Expiration

session

Function

Store and track if the browser tab is active

Twitter

Functional, Marketing

Consent to service twitter ☐

Usage

We use Twitter for display of recent social posts and/or social share buttons. [Read more](#)

Sharing data

For more information, please read the [Twitter Privacy Statement](#).

Functional

Name

[local_storage_support_test](#)

Expiration

persistent

Function

Provide load balancing functionality

Marketing

Name

metrics_token

Expiration

persistent

Function

Store if the user has seen embedded content

LinkedIn

Functional, Marketing, Statistics, Preferences

Consent to service linkedin ☐

Usage

We use LinkedIn for display of recent social posts and/or social share buttons. Read more

Sharing data

For more information, please read the LinkedIn Privacy Statement.

Functional

Name

sdsc

Expiration

session

Function

Provide load balancing functionality

Name

[li_gc](#)

Expiration

6 months

Function

Store cookie consent preferences

Name

[BizographicsOptOut](#)

Expiration

10 years

Function

Store privacy preferences

Marketing

Name

[lms_ads](#)

Expiration

30 days

Function

Store and track visits across websites

Name

[_guid](#)

Expiration

90 days

Function

Store and track a visitor's identity

Name

[li-oatml](#)

Expiration

1 month

Function

Provide ad delivery or retargeting

Name

[li_sugr](#)

Expiration

90 days

Function

Store and track a visitor's identity

Name

UserMatchHistory

Expiration

30 days

Function

Provide ad delivery or retargeting

Statistics

Name

lms_analytics

Expiration

30 days

Function

Store and track a visitor's identity

Name

AnalyticsSyncHistory

Expiration

30 days

Function

Store and track visits across websites

Preferences

Name

li_alerts

Expiration

1 year

Function

Store if a message has been shown

Name

bcookie

Expiration

1 year

Function

Store browser details

Name

lidc

Expiration

1 day

Function

Provide load balancing functionality

Name

[bscookie](#)

Expiration

1 year

Function

Store logged in users

WhatsApp

Functional

Consent to service whatsapp ☐

Usage

We use WhatsApp for chat support. [Read more](#)

Sharing data

For more information, please read the [WhatsApp Privacy Statement](#).

Functional

Name

[wa_lang_pref](#)

Expiration

6 days

Function

Store language settings

Name

[wa_ul](#)

Expiration

session

Function

Provide access

TikTok

Marketing, Functional

Consent to service tiktok ☐

Usage

We use TikTok for video display. [Read more](#)

Sharing data

For more information, please read the [TikTok Privacy Statement](#).

Marketing

Name

[s_v_web_id](s_v_web_id)

Expiration

session

Function

Store if the user has seen embedded content

Name

MONITOR_WEB_ID

Expiration

3 months

Function

Store if the user has seen embedded content

Name

tt_webid

Expiration

1 year

Function

Store if the user has seen embedded content

Name

tt_webid_v2

Expiration

1 year

Function

Store if the user has seen embedded content

Name

[ttwid](#)

Expiration

1 year

Function

Store if the user has seen embedded content

Name

[webapp_launch_mode](#)

Expiration

session

Function

Store if the user has seen embedded content

Name

[webapp_session_id](#)

Expiration

session

Function

Store a unique session ID

Name

webapp-session-referer

Expiration

session

Function

Store referring website

Name

webapp_tiktok_privious

Expiration

session

Function

Store if the user has seen embedded content

Name

webapp_extra_data

Expiration

session

Function

Provide functions across pages

Name

webapp_original_traffic_type

Expiration

session

Function

Store if the user has seen embedded content

Name

guide-login-config

Expiration

persistent

Function

Store a unique user ID

Name

__tea_cache_tokens_*

Expiration

persistent

Function

Store a unique session ID

Functional

Name

csrf_session_id

Expiration

session

Function

Provide protection against hackers

Name

tt_csrf_token

Expiration

session

Function

Provide protection against hackers

Name

_abck

Expiration

1 year

Function

Provide protection against hackers

Name

__tea_cache_first_*

Expiration

persistent

Function

Provide load balancing functionality

Name

webapp-newuser

Expiration

persistent

Function

Store first visit to the site

Name

autoplay-config

Expiration

persistent

Function

Store configuration

Name

webapp-video-mute

Expiration

persistent

Function

Store configuration

Purpose pending investigation

Name

[f](#)

Expiration

persistent

Function

Complianz

Functional

Consent to service complianz ☐

Usage

Sharing data

This data is not shared with third parties. For more information, please read the [Complianz Privacy Statement](#).

Functional

Name

cmplz_functional

Expiration

365 days

Function

Store cookie consent preferences

Name

cmplz_statistics

Expiration

365 days

Function

Store cookie consent preferences

Name

cmplz_preferences

Expiration

365 days

Function

Store cookie consent preferences

Name

cmplz_marketing

Expiration

365 days

Function

Store cookie consent preferences

Miscellaneous

Purpose pending investigation

Consent to service miscellaneous ☐

Usage

Sharing data

Sharing of data is pending investigation

Purpose pending investigation

Name

[wpc*](wpc*)

Expiration

Function

Name

tabs_log

Expiration

Function

Name

loglevel

Expiration

Function

Name

rank-math-option-general-index

Expiration

Function

Name

rank-math-option-sitemap-index

Expiration

Function

Name

rank-math-option-titles-index

Expiration

Function

Name

rank-math-option-search-index

Expiration

Function

Name

tk_ai

Expiration

Function

Name

tk_qs

Expiration

Function

Name

cmplz_consented_services

Expiration

365 days

Function

Name

cmplz_policy_id

Expiration

365 days

Function

Name

cmplz_banner-status

Expiration

365 days

Function

Name

elementor

Expiration

Function

Name

jetpack-boost-guide

Expiration

Function

Name

e_globals

Expiration

Function

Name

tusSupport

Expiration

Function

Name

_grecaptcha

Expiration

Function

Name

e_kit-elements-defaults

Expiration

Function

Name

_ga

Expiration

Function

Name

_ga_FXW73QQGJB

Expiration

Function

Name

PHPSESSID

Expiration

Function

Name

wp-settings-2

Expiration

Function

Name

wp-autosave-1

Expiration

Function

7. Consent

When you visit our website for the first time, we will show you a pop-up with an explanation about cookies. As soon as you click on "Save preferences", you consent to us using the categories of cookies and plug-ins you selected in the pop-up, as described in this Cookie Policy. You can disable the use of cookies via your browser, but please note that our website may no longer work properly.

7.1 Manage your consent settings

You have loaded the Cookie Policy without javascript support. On AMP, you can use the manage consent button on the bottom of the page.

8. Enabling/disabling and deleting cookies

You can use your internet browser to automatically or manually delete cookies. You can also specify that certain cookies may not be placed. Another option is to change the settings of

your internet browser so that you receive a message each time a cookie is placed. For more information about these options, please refer to the instructions in the Help section of your browser.

Please note that our website may not work properly if all cookies are disabled. If you do delete the cookies in your browser, they will be placed again after your consent when you visit our website again.

9. Your rights with respect to personal data

You have the following rights with respect to your personal data:

- You have the right to know why your personal data is needed, what will happen to it, and how long it will be retained for.
- Right of access: You have the right to access your personal data that is known to us.
- Right to rectification: you have the right to supplement, correct, have deleted or blocked your personal data whenever you wish.
- If you give us your consent to process your data, you have the right to revoke that consent and to have your personal data deleted.
- Right to transfer your data: you have the right to request all your personal data from the controller and transfer it in its entirety to another controller.
- Right to object: you may object to the processing of your data. We comply with this, unless there are justified grounds for processing.

To exercise these rights, please contact us. Please refer to the contact details at the bottom of this Cookie Policy. If you have a complaint about how we handle your data, we would like to hear from you, but you also have the right to submit a complaint to the supervisory authority (the Data Protection Authority).

10. Contact details

For questions and/or comments about our Cookie Policy and this statement, please contact us by using the following contact details:

Lodestone Consulting Ltd
Harbour St., Mullingar, Co. Westmeath
Ireland
Website: https://sarahphillipscoaching.com
Email: support@ex.comsarahphillipscoaching.com

This Cookie Policy was synchronised with cookiedatabase.org on April 16, 2025.

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