
Cookie Policy

Mindful Business Management Ltd Cookie Policy

Hello there!

Thank you for checking out our cookie policy. We are committed to ensure our website and the use of cookies, complies with UK laws on privacy and data protection. This policy sets out the types of cookies we use, the exact cookies used on our website, whether we are using any third-party cookies, how you can control our use of cookies, what their expiry dates are and how you can get in contact with us for more information.

What are cookies?

Cookies are small files of information, usually containing letters and numbers, that websites store on your browser, or the hard drive of your computer. You must however agree to these cookies being stored for them to be stored on your device.

Our website needs to use these cookies so we can understand what works well with our website, and what we can do to improve. These cookies also allow us to distinguish you from other website visitors, helping us to provide you with a seamless experience on our site.

What type of cookies do you use?

We use the following cookie types:

Essential Cookies – These can also be known as Strictly Necessary Cookies, and they're very important for us to make sure our website runs as it should. As a result, these cookies are always automatically enabled, to make sure our website works sufficiently. Some examples of uses of essential cookies include the distribution of website traffic across multiple servers.

Analytical Cookies – These can also be known as Performance Cookies, and they gather information about how website visitors use a website. These cookies help us to keep count of the number of visitors on our website, and also helps us to understand how these visitors use our website. This enables us to understand what works well on our website, and what doesn't work so well, so we can continuously improve the site for visitors.

Functionality Cookies – These make your experience on our website easier by remembering user preferences, and simplifying interactions.

Advertising Cookies – These can also be known as Targeting Cookies. These cookies track your visits to our website, including the pages you visit, and any links you have followed from said pages. This information is then used to display adverts to you, based on what we have learned about your preferences from these cookies.

What exact cookies do you use on your website?

We've provided a detailed breakdown below of all the cookies we use on our website, and why we use them.

Name and Type of Cookie	Why do we use this?
Wordpress tk_ai_explat	This is a session cookie and it stores a randomly-generated anonymous ID. This is only used within the admin area and is used for general analytics tracking. Expires within a year
tk_qs	Provides functions across pages Expires within 30 minutes
wordpress_logged_in_[]	This cookie enables the interface to recognise you as a logged-in user and determine which account and preferences to use for various features. Expires within 2 days

Do you use any Third-Party Cookies?

Third party cookies are not set by us, but are set by other domains than the website you visit. These cookies are placed on website visitor's devices by third-party outlets. Common examples of these third-parties can include social media platforms, analytical providers, and advertising networks.

Google Analytics. More information can be found via link to Google Analytics [here](#); and

YouTube (via embedding external videos). More information can be found via a link [here](#).

We do not share the information collected by the cookies with any third parties.

How can I control these cookies?

You are able to control your use of cookies on our website. You can do the following:

- Reject all cookies
- Select certain cookies you wish to use, and reject other cookies and;
- Deactivate the use of third-party cookies

To decide which essential, analytical, functionality and targeting cookies our website sets, follow the below steps:

You can select "Reject All" in your browser by selecting the padlock icon next to the web address. But if you do so, this also blocks essential cookies, which means you may not be able to access all parts of our website, and our website may not work to the best of its ability for you.

You can also deactivate third-party cookies with your chosen browser. These steps vary slightly dependent on your browser choice, but more often than not can be located on the Settings page.

Google Analytics also provide the option for you to opt out of being tracked by them across all websites you visit. To do so, we recommend visiting <http://tools.google.com/dlpage/gaoptout>

How do I ask you for more information?

If you'd like to learn more about our use of cookies, or if you have any questions, please get in touch with us on the following details:

hannah@mindfulbusinessmanagement.co.uk

We will ensure we get back to you within **48 hours**.