

Privacy Policy

Effective Date: September 25, 2026

Realignment Life Coaching, operated by Juli Schneider, MD (“we,” “us,” or “our”), respects your privacy. This Privacy Policy explains how we collect, use, and protect information in connection with our website and coaching services.

Information We Collect

We may collect information you provide when you schedule or communicate with us, including your name, email address, phone number, appointment details, and information you choose to share in connection with coaching.

Appointments are scheduled through Calendly. Payments are processed through Stripe. Virtual coaching sessions may be conducted through Zoom. These third-party providers may collect and process information according to their own privacy policies.

Our website or hosting provider may also collect limited technical information automatically, such as IP address, browser type, device information, and pages visited, to operate, secure, and improve the website.

How We Use Information

We use personal information to:

- Schedule and provide coaching services.
- Communicate about appointments, payments, policies, and client questions.
- Process payments through our payment provider.
- Maintain the security and operation of our website and services.
- Meet legal, accounting, or recordkeeping obligations.

We do not sell or rent your personal information.

Confidentiality and Coaching Information

Information shared during coaching is treated as confidential in accordance with our Terms and Conditions. However, coaching communications are not protected by physician-patient, therapist-patient, attorney-client, or other legal privilege.

We may disclose information when required by law, to address a serious and imminent threat of harm, or to obtain professional or legal advice while protecting your privacy where reasonably possible.

Third-Party Services

Our website includes links to third-party services, including Calendly, Stripe, and Zoom. Their privacy practices are governed by their own policies. We encourage you to review those policies before using their services.

Data Security and Retention

We use reasonable administrative, technical, and practical safeguards to protect personal information. No electronic system is completely secure, and we cannot guarantee absolute security.

We retain information only as long as reasonably necessary to provide services, maintain records, resolve concerns, comply with legal obligations, or enforce our agreements.

Your Choices and Questions

You may contact us to request access to, correction of, or deletion of personal information we hold about you, subject to applicable law and any recordkeeping obligations.

Questions about this Privacy Policy may be sent to:

Realignment Life Coaching
Juli Schneider, MD
realignmentlc@gmail.com

Children's Privacy

Our services are intended for adults age 18 and older. We do not knowingly collect personal information from children under 18.

Changes to This Policy

We may update this Privacy Policy from time to time. Any revised policy will be posted on this website with an updated effective date.