

Privacy Policy

Your Mind Is Full Of Shift | yourmindisfullofshift.com

Effective Date: March 17, 2026 | Owner: Carilyn Moisan

1. Who We Are

Your Mind Is Full Of Shift is owned and operated by Carilyn Moisan. Our website is located at <https://www.yourmindisfullofshift.com>. Questions about this policy? Contact us at cari@yourmindisfullofshift.com.

2. What Information We Collect

We collect the following types of information:

- **Information you provide directly:** Your name, email address, and any other information you submit when signing up for the ShiftList, completing a contact form, or purchasing a product.
- **Payment information:** When you make a purchase, payment is processed by third-party processors including Wix Payments, PayPal, Stripe, and Apple Pay. We do not store your full credit card or payment details on our servers.
- **Usage data:** We collect information about how you interact with our website through Google Analytics, including pages visited, time on site, device type, browser type, and approximate geographic location based on IP address.
- **Cookies:** We use cookies and similar tracking technologies. See our Cookie Policy for full details.

3. How We Use Your Information

We use the information we collect to:

- Deliver products and services you have purchased or signed up for
- Send you the ShiftList newsletter and related communications you have opted into
- Process payments and prevent fraud
- Improve our website, products, and user experience
- Respond to your inquiries and provide customer support
- Comply with legal obligations
- Analyze website traffic and usage patterns via Google Analytics

4. How We Share Your Information

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

- **Service providers:** We share data with third-party platforms necessary to operate our business, including Wix, PayPal, Stripe, Apple Pay, and Google Analytics. Each provider has their own privacy policy governing how they handle your data.
- **Legal requirements:** We may disclose your information if required by law, court order, or governmental authority.
- **Business transfers:** If the business is sold or transferred, your information may be transferred as part of that transaction.

5. Email Communications

If you sign up for the ShiftList, you consent to receive email communications from us at the address you provide. We communicate directly with subscribers using our domain-hosted email. You can unsubscribe at any time by replying with 'Unsubscribe' in the subject line or contacting us at cari@yourmindisfullofshift.com. We will never share your email address with third parties for marketing purposes.

6. Your Rights

Depending on your location, you may have the following rights regarding your personal information:

- The right to access the personal information we hold about you
- The right to request correction of inaccurate information
- The right to request deletion of your personal information
- The right to opt out of marketing communications at any time
- California residents may have additional rights under the California Consumer Privacy Act (CCPA)

To exercise any of these rights, contact us at cari@yourmindisfullofshift.com.

7. Data Retention

We retain your personal information for as long as necessary to provide our services, comply with legal obligations, and resolve disputes. If you request deletion of your data, we will remove it within 30 days unless we are required by law to retain it.

8. Children's Privacy

Our website and services are not directed to individuals under the age of 18. We do not knowingly collect personal information from minors. If you believe a minor has provided us with personal information, contact us at cari@yourmindisfullofshift.com and we will delete it.

9. Security

We take reasonable steps to protect your personal information from unauthorized access, disclosure, or misuse. However, no method of transmission over the internet is 100% secure and we cannot guarantee absolute security.

10. Changes to This Policy

We may update this Privacy Policy from time to time. When we do, we will update the effective date at the top of this document. Continued use of our website after changes are posted constitutes your acceptance of the updated policy.

11. Contact

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