**Privacy Policy**

This Privacy Policy describes how **TheFormAdvisor** collects, uses, and discloses the personal information of its users.

**1. Information We Collect**

* **Information You Provide Directly to Us:**
  + **Contact Information:** When you sign up, we may collect your name, email address (**info@theformadvisor.com**), and other contact details.
  + **Profile Information:** Any information you add to your profile, such as a photo or bio.
  + **Contributions:** The reviews, comments, ratings, and any other content you submit on the site.
* **Information Collected Automatically:**
  + **Usage Data:** We may collect information about how you use our website, including the pages you visit, the courses you rate, and the time spent on each page.
  + **Technical Data:** We may collect information about your device, such as your IP address, browser type, operating system, and login information.
  + **Cookies and Similar Technologies:** We use cookies to enhance your experience, remember your preferences, and track your site usage.

**2. How We Use Your Information**

We use the information we collect to:

* Provide, operate, and improve the **TheFormAdvisor** website.
* Personalize your experience and recommend relevant content.
* Communicate with you, respond to your inquiries, and send you account-related notifications.
* Protect the security of our site and prevent fraud.
* Analyze usage trends to optimize our services.

**3. Sharing Your Information**

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

* With your explicit consent.
* With third-party service providers who help us operate our site (hosting, data analysis, etc.), provided they are committed to maintaining the confidentiality of this information.
* To comply with a legal obligation, such as a court order or a request from authorities.
* To protect our rights, property, or safety, and those of our users.

**4. Data Security**

We implement reasonable security measures to protect your information from loss, misuse, or unauthorized access. However, no method of transmission over the internet is completely secure, and we cannot guarantee absolute security.

**5. Your Rights**

Depending on the applicable laws, you may have the right to:

* Access your personal information.
* Request the correction of inaccurate data.
* Request the deletion of your information.
* Object to the processing of your information.
* Withdraw your consent at any time.

To exercise these rights, please contact us at **info@theformadvisor.com**.

**6. Changes to This Policy**

We may update this Privacy Policy from time to time. We will notify you of any changes by posting the new version on this page.

**7. Contact Us**

If you have any questions about this Privacy Policy, please contact us at:

**Email:** info@theformadvisor.com