



Privacy Policy

MASTERING YOUR MIND LTD | Last updated: 14 October 2026

At Mastering Your Mind, we respect your privacy and are committed to protecting your personal information. This policy explains what information we collect, how we use it and your rights.

1. Who We Are

Mastering Your Mind is an educational programme providing practical psychological and life skills resources for schools, teachers, young people and parents. Mastering Your Mind Ltd is responsible for personal information collected through this website.

Website: www.masteringyourmind.today

Email: admin@masteringyourmind.today

2. Information We Collect

We may collect personal information when you contact us, enquire about the programme, order resources, join our Parent Community or complete a feedback form. This may include your name, email address, school or organisation, and information you choose to provide. We may also collect limited technical information through cookies and website services.

3. How We Use Your Information

We use your information to:

- Respond to enquiries and provide information about our programme.
- Manage workbook orders, training and school relationships.
- Provide educational resources and support to teachers and schools.
- Send Parent Community members their free guide and occasional parenting emails.
- Review feedback and improve our resources.
- Maintain the security and operation of our website.

We do not sell your personal information.

4. Parent Community

When you join the Mastering Your Mind Parent Community, you agree to receive your free downloadable guide, parenting insights and occasional updates about relevant resources. You can unsubscribe at any time using the link in our emails.

The Parent Community is operated by Mastering Your Mind Ltd, independently of JTeen. Joining it does not subscribe you to JTeen communications.



5. Feedback From Teachers and Pupils

We invite teachers and pupils to provide feedback about the programme to help us evaluate and improve our educational materials. We encourage schools not to include pupils' names or other identifying information in feedback unless specifically requested for a clearly explained purpose. Feedback may be reviewed and summarised to understand how the programme is working.

6. Our Legal Basis for Using Information

Under UK data protection law, we use personal information where we have an appropriate legal basis, including:

- Consent, for Parent Community marketing emails.
- Legitimate interests, for responding to enquiries, supporting schools and improving our services.
- Contract, for providing ordered resources or agreed services.
- Legal obligations, where we are required to retain or disclose information.

You may withdraw consent to marketing emails at any time.

7. Sharing and Protecting Information

We may use trusted service providers to operate our website, manage enquiries, process information and send emails. We take reasonable steps to keep personal information secure and require appropriate data protection safeguards from providers handling information on our behalf. Some providers may process information outside the UK. Where necessary, appropriate legal safeguards will be used.

We do not share Parent Community mailing lists with JTeen for its own communications.

8. How Long We Keep Information

We retain personal information only for as long as reasonably necessary for the purpose for which it was collected, including any legal or accounting requirements. Parent Community subscription details are generally kept while you remain subscribed. You may unsubscribe at any time.

9. Cookies

Our website may use essential cookies and other website services to help it operate effectively. If we use non-essential cookies, such as analytics or marketing cookies, we will provide the relevant information and obtain consent where required.

10. Children's Privacy

Our Contact page and Parent Community signup are intended primarily for adults, including parents, teachers and school representatives. We do not intentionally collect children's contact details through these forms for marketing purposes. We ask visitors not to submit unnecessary sensitive information about children.



11. Your Rights

Under UK data protection law, you may have the right to access, correct or request deletion of your personal information, object to or restrict certain processing, and withdraw consent where applicable.

To exercise your rights, please email admin@masteringyourmind.today. You may also raise a concern with the Information Commissioner's Office at www.ico.org.uk.

12. Changes and Contact

We may update this policy when our website or services change. The latest version will be available on our website.

Mastering Your Mind Ltd
admin@masteringyourmind.today
www.masteringyourmind.today