

Terms and Conditions

Last Updated: 7th March 2026

1. Introduction

Welcome to **Self Empowerment Foundation** (“we”, “us”, “our”).

These Terms and Conditions govern your use of our website www.selfempowermentFoundation.org.uk (“Website”). By accessing or using this Website, you agree to comply with and be bound by these Terms and Conditions. If you do not agree with any part of these terms, you should not use our Website.

Self Empowerment Foundation is a **not-for-profit initiative** dedicated to supporting personal development, wellbeing, and empowerment through information, resources, and community engagement.

2. Purpose of the Website

The Website provides information, educational materials, and resources intended to support personal growth, wellbeing, and empowerment.

All content is provided for **general informational purposes only** and should not be considered professional, medical, legal, financial, or therapeutic advice.

Users should seek appropriate professional guidance where necessary.

3. Eligibility to Use the Website

By using this Website, you confirm that:

- You are at least **18 years old**, or have permission from a parent or guardian.
- You will use the Website only for lawful purposes.
- You will not use the Website in any way that may damage, disable, or impair its operation.

4. Intellectual Property

Unless otherwise stated, all content on this Website—including but not limited to:

- text
- graphics
- logos
- design
- downloadable materials
- articles and resources

is the intellectual property of **Self Empowerment Foundation** or its content contributors.

You may:

- View and download content for **personal, non-commercial use only**.

You may not:

- Copy, reproduce, distribute, modify, or republish Website content without prior written permission.

5. User Contributions

Where the Website allows users to submit comments, messages, or other content:

You agree that:

- Your contributions will be respectful and lawful.
- You will not post abusive, defamatory, discriminatory, or harmful material.
- You will not upload content that infringes another person's rights.

We reserve the right to **remove any user content** at our discretion.

6. External Links

This Website may include links to third-party websites or resources.

We do not control or endorse these external websites and are **not responsible for their content, privacy policies, or practices**.

Users access third-party sites at their own risk.

7. Disclaimer

The information provided on this Website is offered **in good faith** but without any warranties, express or implied.

Self Empowerment Foundation does not guarantee that:

- the Website will always be available
- information will always be current or accurate
- the Website will be free from errors or viruses

Use of the Website is at your own risk.

8. Limitation of Liability

To the fullest extent permitted by UK law, Self Empowerment Foundation shall not be liable for any loss or damage arising from:

- use of the Website
- reliance on information provided on the Website
- technical interruptions or errors

Nothing in these Terms excludes liability for death or personal injury caused by negligence or any liability that cannot be excluded under UK law.

9. Privacy

Your use of this Website is also governed by our **Privacy Policy**, which explains how personal data is collected and used in accordance with the **UK General Data Protection Regulation (UK GDPR)** and the **Data Protection Act 2018**.

10. Changes to These Terms

We may update these Terms and Conditions from time to time.

Any changes will be posted on this page with an updated revision date. Continued use of the Website after changes are published constitutes acceptance of the updated terms.

11. Governing Law

These Terms and Conditions shall be governed by and interpreted in accordance with the laws of **England and Wales**.

Any disputes arising in connection with these Terms shall be subject to the exclusive jurisdiction of the courts of England and Wales.

12. Contact Information

If you have any questions about these Terms and Conditions, please contact us:

Email: enquiries@selfempowermentfoundation.org.uk

Website: www.selfempowermentfoundation.org.uk