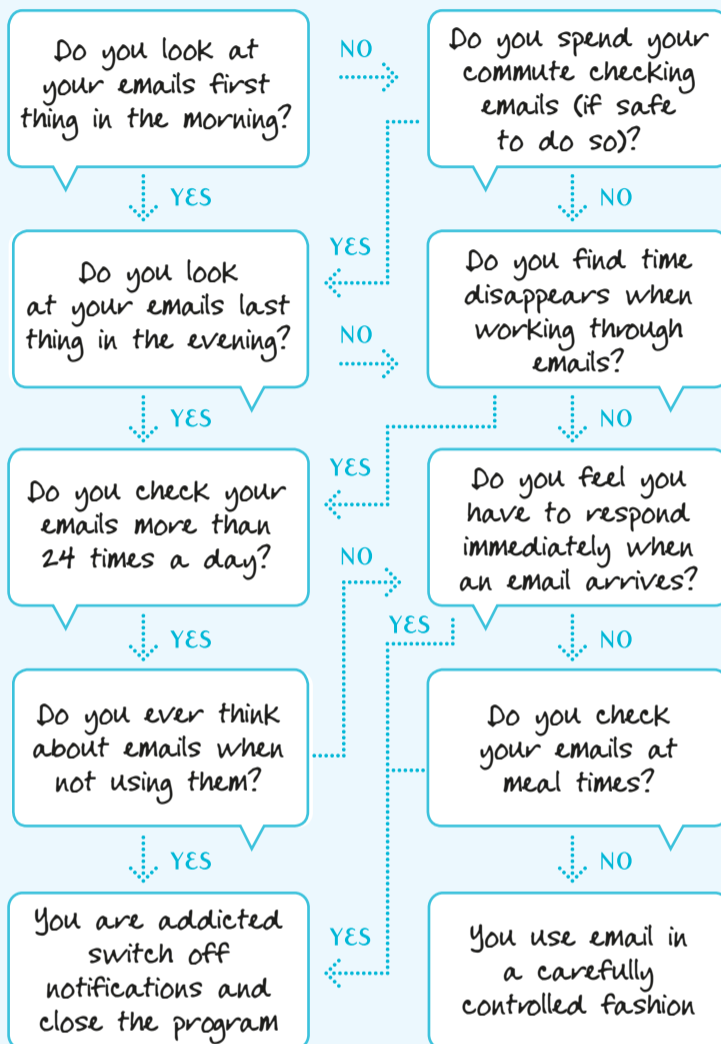


# Are your emails managing you?

The summer holidays are now with us and for many of us it's a time to switch off. We have designed a quiz to find out how good you are at managing your emails, whether at work, rest or play.



If you answered 'YES' to three or more questions, your emails are managing you.

Contact us if you want to change your behaviour towards email

Keep up the good work!

## GDPR

You are probably aware by now that the data protection laws have been updated and we've amended our [Privacy Policy](#) in line with GDPR rules. Here are the important bits:

- At present, we keep your name, address, telephone number and email on file
- Your data is held securely, never shared with anyone outside of Inspired Partners

You can ask us to stop sending you emails and/or delete your data at any time by emailing [heleng@inspired-partners.com](mailto:heleng@inspired-partners.com)



Enjoy your summer

Sally P

“ Summertime is always the best of what might be ”

Charles Bowden