



288a

Please complete in typescript,
or in bold black capitals.

CHFP025

APPOINTMENT of director or secretary (NOT for resignation (use Form 288b) or change of particulars (use Form 288c))

Company Number

05091641

Company Name in full

PERSONAL IMPROVEMENT LTD

Appointment
form

Appointment as director

Day Month Year
30 06 2006

† Date of
Birth

Day Month Year
26 04 1974

Please mark the appropriate box. If appointment
is as a director and secretary mark both boxes.



as secretary



NAME

*Style / Title

*Honours etc

Notes on completion
appear on reverse.

Forename(s)

ANNA.

Surname

PAPAKOSTA

Previous
Forename(s)

Previous
Surname(s)

Usual residential
address ††

62 MARLESHAM WALK



Post town

COINDALE

Postcode

NW9 5BF.

County / Region

LONDON

Country

ENGLAND

† Nationality

BRITISH

† Business occupation

TRAINER

† Other directorships
(additional space overleaf)

I consent to act as ** director / secretary of the above named company

Consent signature

Handwritten signature

Date

30 JUNE 2006.

* Voluntary details.

† Directors only.

**Delete as appropriate

A director, secretary etc must sign the form below.

Signed

Handwritten signature

Date

30th Jun '06

(** a director / secretary / administrator / administrative receiver / receiver manager / receiver)

You do not have to give any contact
information in the box opposite but if you
do, it will help Companies House to
contact you if there is a query on the
form. The contact information that you
give will be visible to searchers of the
public record.

Lawrence Graham LLP

190 Strand
WC2R 1JN

Tel 020 7379 0000

DX number 39

DX exchange London Chancery Lane



When you have completed and signed the form please send it to the
Registrar of Companies at:

Companies House, Crown Way, Cardiff, CF14 3UZ DX 33050 Cardiff
for companies registered in England and Wales or
Companies House, 37 Castle Terrace, Edinburgh, EH1 2EB
for companies registered in Scotland DX 235 Edinburgh

Company Number

† Directors only.

† Other directorships

NOTES

Show the full forenames, NOT INITIALS. If the director or secretary is a corporation or Scottish firm, show the name on surname line and registered or principal office on the usual residential line.

Give previous forenames or surname(s) except:

- for a married woman, the name by which she was known before marriage need not be given.
- for names not used since the age of 18 or for at least 20 years

A peer or individual known by a title may state the title instead of or in addition to the forenames and surname and need not give the name by which that person was known before he or she adopted the title or succeeded to it.

Other directorships.

Give the name of every company incorporated in Great Britain of which the person concerned is a director or has been a director at any time in the past five years.

You may exclude a company which either is, or at all times during the past five years when the person concerned was a director, was

- dormant
- a parent company which wholly owned the company making the return, or
- another wholly owned subsidiary of the same parent company.