

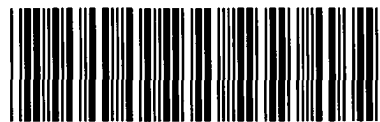
Optimise Your Potential Limited

Registered number: SC453561

Abbreviated accounts

For the year ended 30 September 2016

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COMPANIES HOUSE

OPTIMISE YOUR POTENTIAL LIMITED

Registered number: SC453561

ABBREVIATED BALANCE SHEET AS AT 30 SEPTEMBER 2016

	Note	£	2016 £	£	2015 £
FIXED ASSETS					
Tangible assets	2		1,342		-
CURRENT ASSETS					
Debtors		50,739		440	
Cash at bank		36,469		42,812	
		<u>87,208</u>		<u>43,252</u>	
CREDITORS: amounts falling due within one year		<u>(18,996)</u>		<u>(15,832)</u>	
NET CURRENT ASSETS			68,212		27,420
TOTAL ASSETS LESS CURRENT LIABILITIES			69,554		27,420
PROVISIONS FOR LIABILITIES					
Deferred tax			(228)		-
NET ASSETS			<u>69,326</u>		<u>27,420</u>
CAPITAL AND RESERVES					
Called up share capital	3		1		1
Profit and loss account			69,325		27,419
SHAREHOLDERS' FUNDS			<u>69,326</u>		<u>27,420</u>

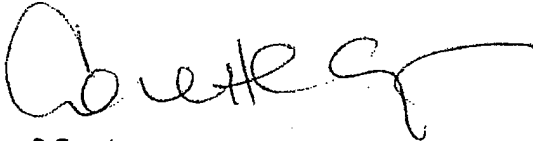
OPTIMISE YOUR POTENTIAL LIMITED

ABBREVIATED BALANCE SHEET (continued) AS AT 30 SEPTEMBER 2016

The director considers that the company is entitled to exemption from the requirement to have an audit under the provisions of section 477 of the Companies Act 2006 ("the Act") and members have not required the company to obtain an audit for the year in question in accordance with section 476 of the Act.

The director acknowledges her responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and for preparing financial statements which give a true and fair view of the state of affairs of the company as at 30 September 2016 and of its profit for the year in accordance with the requirements of sections 394 and 395 of the Act and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The abbreviated accounts, which have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006, were approved and authorised for issue by the board and were signed on its behalf by:



C Grant
Director

Date: 29th June 2017.

The notes on pages 3 to 4 form part of these financial statements.

OPTIMISE YOUR POTENTIAL LIMITED

NOTES TO THE ABBREVIATED ACCOUNTS FOR THE YEAR ENDED 30 SEPTEMBER 2016

1. ACCOUNTING POLICIES

1.1 Basis of preparation of financial statements

The full financial statements, from which these abbreviated accounts have been extracted, have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2015).

1.2 Turnover

Turnover comprises revenue recognised by the company in respect of neuro-linguistic programming courses during the year, exclusive of Value Added Tax and trade discounts.

1.3 Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Office equipment	-	50% straight line
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1.4 Deferred taxation

Full provision is made for deferred tax assets and liabilities arising from all timing differences between the recognition of gains and losses in the financial statements and recognition in the tax computation.

A net deferred tax asset is recognised only if it can be regarded as more likely than not that there will be suitable taxable profits from which the future reversal of the underlying timing differences can be deducted.

Deferred tax assets and liabilities are calculated at the tax rates expected to be effective at the time the timing differences are expected to reverse.

Deferred tax assets and liabilities are not discounted.

OPTIMISE YOUR POTENTIAL LIMITED

NOTES TO THE ABBREVIATED ACCOUNTS FOR THE YEAR ENDED 30 SEPTEMBER 2016

2. TANGIBLE FIXED ASSETS

	£
Cost	
At 1 October 2015	-
Additions	2,457
At 30 September 2016	<u>2,457</u>
Depreciation	
At 1 October 2015	-
Charge for the year	1,115
At 30 September 2016	<u>1,115</u>
Net book value	
At 30 September 2016	<u>1,342</u>
At 30 September 2015	<u>-</u>

3. SHARE CAPITAL

	2016 £	2015 £
Allotted, called up and fully paid		
1 Ordinary share of £1	<u>1</u>	<u>1</u>

4. DIRECTOR'S BENEFITS: ADVANCES, CREDIT AND GUARANTEES

Included within debtors/(creditors) is a loan due from/(to) the director, C Grant, amounting to £22,011 (2015: (£458)) This loan is unsecured and interest free with no fixed repayment terms.