COMPANIES HOUSE
29 JUN 2018
EDINBURGH FRONT DESK

Optimise Your Potential Limited

Registered number: SC453561

Filleted accounts

For the year ended 30 September 2017

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COMPANIES HOUSE

OPTIMISE YOUR POTENTIAL LIMITED

Registered number: SC453561

BALANCE SHEET

AS AT 30 SEPTEMBER 2017

	Note		2017 £		2016 £
Fixed assets					
Tangible assets	**4**		114		1,342
Current assets					
Debtors: amounts falling due within one year	**5**	81,493		50,739	
Cash at bank and in hand		85,351		36,469	
		166,844		87,208	
Creditors: amounts falling due within one year	**6**	(25,376)		(18,996)	
Net current assets			141,468		68,212
Total assets less current liabilities			141,582		69,554
Deferred tax	**7**		(19)		(228)
Net assets			141,563		69,326
Capital and reserves					
Called up share capital	**8**		1		1
Profit and loss account	**9**		141,562		69,325
			141,563		69,326

OPTIMISE YOUR POTENTIAL LIMITED
Registered number: SC453561

BALANCE SHEET (CONTINUED)
AS AT 30 SEPTEMBER 2017

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

The director acknowledges her responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime and in accordance with the provisions of FRS 102 Section 1A - small entities.

The financial statements have been delivered in accordance with the provisions applicable to companies subject to the small companies regime.

The company has opted not to file the statement of comprehensive income in accordance with provisions applicable to companies subject to the small companies' regime.

The financial statements were approved and authorised for issue by the board and were signed on its behalf by:

C [illegible] n 29, 2018)

C Grant
Director

Date: Jun 29, 2018

The notes on pages 3 to 8 form part of these financial statements.

1. General information

Optimise Your Potential Limited is a private company limited by shares, registered in Scotland, SC453561. Its registered office address is 14 Coates Crescent, Edinburgh, EH3 7AF.

The principal activity of the company is the provision of neuro-linguistic programming courses.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared under the historical cost convention unless otherwise specified within these accounting policies and in accordance with Section 1A of Financial Reporting Standard 102, the Financial Reporting Standard applicable in the UK and the Republic of Ireland and the Companies Act 2006.

The following principal accounting policies have been applied:

2.2 Turnover

Turnover is recognised to the extent that it is probable that the economic benefits will flow to the company and the turnover can be reliably measured. Turnover is measured as the fair value of the consideration received or receivable, excluding discounts, rebates, value added tax and other sales taxes. The following criteria must also be met before turnover is recognised:

Rendering of services

Turnover from a contract to provide services is recognised in the period in which the services are provided in accordance with the stage of completion of the contract when all of the following conditions are satisfied:

- the amount of turnover can be measured reliably;
- it is probable that the company will receive the consideration due under the contract;
- the stage of completion of the contract at the end of the reporting period can be measured reliably; and
- the costs incurred and the costs to complete the contract can be measured reliably.

2.3 Tangible fixed assets

Tangible fixed assets under the cost model are stated at historical cost less accumulated depreciation and any accumulated impairment losses. Historical cost includes expenditure that is directly attributable to bringing the asset to the location and condition necessary for it to be capable of operating in the manner intended by management.

2. Accounting policies (continued)

2.3 Tangible fixed assets (continued)

Depreciation is charged so as to allocate the cost of assets less their residual value over their estimated useful lives, using the straight-line method.

Depreciation is provided on the following basis:

Office equipment	- 50%

The assets' residual values, useful lives and depreciation methods are reviewed, and adjusted prospectively if appropriate, or if there is an indication of a significant change since the last reporting date.

Gains and losses on disposals are determined by comparing the proceeds with the carrying amount and are recognised in the Statement of Comprehensive Income.

2.4 Debtors

Short term debtors are measured at transaction price, less any impairment. Loans receivable are measured initially at fair value, net of transaction costs, and are measured subsequently at amortised cost using the effective interest method, less any impairment.

2.5 Cash and cash equivalents

Cash is represented by cash in hand and deposits with financial institutions repayable without penalty on notice of not more than 24 hours. Cash equivalents are highly liquid investments that mature in no more than three months from the date of acquisition and that are readily convertible to known amounts of cash with insignificant risk of change in value.

2.6 Financial instruments

The company only enters into basic financial instrument transactions that result in the recognition of financial assets and liabilities like trade and other debtors and creditors, loans from banks and other third parties, loans to related parties and investments in non-puttable ordinary shares.

Debt instruments (other than those wholly repayable or receivable within one year), including loans and other accounts receivable and payable, are initially measured at present value of the future cash flows and subsequently at amortised cost using the effective interest method. Debt instruments that are payable or receivable within one year, typically trade debtors and creditors, are measured, initially and subsequently, at the undiscounted amount of the cash or other consideration expected to be paid or received. However, if the arrangements of a short-term instrument constitute a financing transaction, like the payment of a trade debt deferred beyond normal business terms or financed at a rate of interest that is not a market rate or in the case of an out-right short-term loan not at market rate, the financial asset or liability is measured, initially, at the present value of the future cash flow discounted at a market rate of interest for a similar debt instrument and subsequently at amortised cost.

Financial assets that are measured at cost and amortised cost are assessed at the end of each reporting period for objective evidence of impairment. If objective evidence of impairment is found, an impairment loss is recognised in the Statement of Comprehensive Income.

For financial assets measured at amortised cost, the impairment loss is measured as the difference between an asset's carrying amount and the present value of estimated cash flows discounted at the asset's original effective interest rate. If a financial asset has a variable interest rate, the discount rate for measuring any impairment loss is the current effective interest rate determined under the

2. Accounting policies (continued)

2.6 Financial instruments (continued)

contract.

For financial assets measured at cost less impairment, the impairment loss is measured as the difference between an asset's carrying amount and best estimate of the recoverable amount, which is an approximation of the amount that the company would receive for the asset if it were to be sold at the balance sheet date.

Financial assets and liabilities are offset and the net amount reported in the Balance Sheet when there is an enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

2.7 Creditors

Short term creditors are measured at the transaction price. Other financial liabilities, including bank loans, are measured initially at fair value, net of transaction costs, and are measured subsequently at amortised cost using the effective interest method.

2.8 Current and deferred taxation

The tax expense for the year comprises current and deferred tax. Tax is recognised in the Statement of Comprehensive Income, except that a charge attributable to an item of income and expense recognised as other comprehensive income or to an item recognised directly in equity is also recognised in other comprehensive income or directly in equity respectively.

The current income tax charge is calculated on the basis of tax rates and laws that have been enacted or substantively enacted by the balance sheet date in the countries where the company operates and generates income.

Deferred tax balances are recognised in respect of all timing differences that have originated but not reversed by the Balance Sheet date, except that:

- The recognition of deferred tax assets is limited to the extent that it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits; and
- Any deferred tax balances are reversed if and when all conditions for retaining associated tax allowances have been met.

Deferred tax balances are not recognised in respect of permanent differences except in respect of business combinations, when deferred tax is recognised on the differences between the fair values of assets acquired and the future tax deductions available for them and the differences between the fair values of liabilities acquired and the amount that will be assessed for tax. Deferred tax is determined using tax rates and laws that have been enacted or substantively enacted by the balance sheet date.

3. Employees

The average monthly number of employees, including directors, during the year was 1 (2016 - 1).

4. Tangible fixed assets

	Office equipment £
Cost	
At 1 October 2016	2,457
At 30 September 2017	2,457
Depreciation	
At 1 October 2016	1,115
Charge for the year	1,228
At 30 September 2017	2,343
Net book value	
At 30 September 2017	114
At 30 September 2016	1,342

5. Debtors

	2017 £	2016 £
Trade debtors	1,764	1,549
Amounts due from related undertaking (note 11)	-	27,179
Director's loan account (note 10)	79,729	22,011
	81,493	50,739

6. Creditors: Amounts falling due within one year

	2017 £	2016 £
Corporation tax	17,925	10,198
Other taxation and social security	5,414	6,998
Amounts due to related undertaking (note 11)	12	-
Accruals	2,025	1,800
	25,376	18,996

7. Deferred taxation

	2017 £	2016 £
At beginning of year	228	-
Charged to profit or loss	(209)	228
At end of year	19	228

The provision for deferred taxation is made up as follows:

	2017 £	2016 £
Accelerated capital allowances	19	228

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2017

8. Share capital

	2017 £	2016 £
Allotted, called up and fully paid		
1 Ordinary share of £1	1	1

9. Reserves

Profit & loss account

This reserve includes all current and prior period retained profits and losses.

10. Transactions with directors

Included within debtors is a loan due from the director, C Grant, amounting to £79,729 (2016: £22,011). This loan is unsecured, interest free with no fixed terms of repayment.

11. Related party transactions

Included within (creditors) / debtors is (£12) (2016: £27,179) due (to)/from Grant Property Solutions Limited, a company in which C Grant is also a director. This loan is unsecured, interest free with no fixed repayment terms.

During the year the company received income of £102,000 (2016: £74,100) from Grant Property Solutions Limited, a company in which C Grant is also a director.

12. Controlling party

The ultimate controlling party of the company is C Grant, by virtue of her shareholding.

13. First time adoption of FRS 102

The policies applied under the entity's previous accounting framework are not materially different to FRS 102 and have not impacted on equity or profit or loss.