REGISTERED NUMBER: 04589340 (England and Wales)

Unaudited Financial Statements for the Year Ended 31 December 2024

for

Mindful Action Coaching Ltd.

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for the Year Ended 31 December 2024

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Mindful Action Coaching Ltd.

Company Information
for the Year Ended 31 December 2024

DIRECTOR:	Dr J R Pritchard
SECRETARY:	Ms J Mangold
REGISTERED OFFICE:	60 Rewley Road Oxford Oxfordshire OX1 2RQ
REGISTERED NUMBER:	04589340 (England and Wales)
ACCOUNTANTS:	Rachel Rahman Limited Chartered Certified Accountants 178 The Moors Kidlington Oxford OX5 2AD

Balance Sheet
31 December 2024

	Notes	2024		2023	
		£	£	£	£
FIXED ASSETS					
Tangible assets	4		27,482		39,151
CURRENT ASSETS					
Debtors	5	16,764		-	
Cash at bank		2,605		6,972	
		19,369		6,972	
CREDITORS					
Amounts falling due within one year	6	6,489		28,675	
NET CURRENT ASSETS/(LIABILITIES)			12,880		(21,703)
TOTAL ASSETS LESS CURRENT LIABILITIES			40,362		17,448
PROVISIONS FOR LIABILITIES			5,209		7,439
NET ASSETS			35,153		10,009
CAPITAL AND RESERVES					
Called up share capital			100		100
Retained earnings			35,053		9,909
			35,153		10,009

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2024 in accordance with Section 476 of the Companies Act 2006.

The director acknowledges his responsibilities for:

(a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

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

In accordance with Section 444 of the Companies Act 2006, the Statement of income and retained earnings has not been delivered.

The financial statements were approved by the director and authorised for issue on 9 August 2025 and were signed by:

Dr J R Pritchard - Director

The notes form part of these financial statements

Notes to the Financial Statements for the Year Ended 31 December 2024

1. STATUTORY INFORMATION

Mindful Action Coaching Ltd. is a private company, limited by shares , registered in England and Wales. The company's registered number and registered office address can be found on the Company Information page.

2. ACCOUNTING POLICIES

Basis of preparing the financial statements
These financial statements have been prepared in accordance with Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" including the provisions of Section 1A "Small Entities" and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Turnover
Turnover is measured at the fair value of the consideration received or receivable, excluding discounts, rebates, value added tax and other sales taxes.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Motor vehicles	- 20% on reducing balance
Computer equipment	- 33% on cost

Taxation
Taxation for the year comprises current and deferred tax. Tax is recognised in the Statement of Income and Retained Earnings, except to the extent that it relates to items recognised in other comprehensive income or directly in equity.

Current or deferred taxation assets and liabilities are not discounted.

Current tax is recognised at the amount of tax payable using the tax rates and laws that have been enacted or substantively enacted by the balance sheet date.

Deferred tax
Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date.

Timing differences arise from the inclusion of income and expenses in tax assessments in periods different from those in which they are recognised in financial statements. Deferred tax is measured using tax rates and laws that have been enacted or substantively enacted by the year end and that are expected to apply to the reversal of the timing difference.

Unrelieved tax losses and other deferred tax assets are recognised only to the extent that it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits.

3. EMPLOYEES AND DIRECTORS

The average number of employees during the year was 1 (2023 - 1) .

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4. TANGIBLE FIXED ASSETS

	Motor vehicles £	Computer equipment £	Totals £
COST			
At 1 January 2024	61,090	14,202	75,292
Additions	-	4,064	4,064
At 31 December 2024	61,090	18,266	79,356
DEPRECIATION			
At 1 January 2024	24,436	11,705	36,141
Charge for year	12,218	3,515	15,733
At 31 December 2024	36,654	15,220	51,874
NET BOOK VALUE			
At 31 December 2024	24,436	3,046	27,482
At 31 December 2023	36,654	2,497	39,151

5. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Directors' loan accounts	16,764	-

6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Tax	5,904	(2,324)
Directors' loan accounts	-	30,436
Accrued expenses	585	563
	6,489	28,675

7. DIRECTOR'S ADVANCES, CREDITS AND GUARANTEES

The following advances and credits to a director subsisted during the years ended 31 December 2024 and 31 December 2023:

	2024 £	2023 £
Dr J R Pritchard		
Balance outstanding at start of year	(30,437)	(43,487)
Amounts advanced	47,201	-
Amounts repaid	-	13,050
Amounts written off	-	-
Amounts waived	-	-
Balance outstanding at end of year	16,764	(30,437)

The director's loan will be repaid within 9 months.

Chartered Certified Accountants' Report to the Director
on the Unaudited Financial Statements of
Mindful Action Coaching Ltd.

The following reproduces the text of the report prepared for the director in respect of the company's annual unaudited financial statements. In accordance with the Companies Act 2006, the company is only required to file a Balance sheet. Readers are cautioned that the Income statement and certain other primary statements and the Report of the director are not required to be filed with the Registrar of Companies.

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the financial statements of Mindful Action Coaching Ltd. for the year ended 31 December 2024 which comprise the Statement of income and retained earnings, Balance sheet and the related notes from the company's accounting records and from information and explanations you have given us.

As a practising member firm of the Association of Chartered Certified Accountants, we are subject to its ethical and other professional requirements which are detailed at http://www.accaglobal.com/rulebook.

This report is made solely to the director of Mindful Action Coaching Ltd. in accordance with our terms of engagement. Our work has been undertaken solely to prepare for your approval the financial statements of Mindful Action Coaching Ltd. and state those matters that we have agreed to state to the director of Mindful Action Coaching Ltd. in this report in accordance with the requirements of the Association of Chartered Certified Accountants as detailed at
https://www.accaglobal.com/content/dam/ACCA_Global/Technical/fact/tf-163-jan-24.pdf.

To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and its director for our work or for this report.

It is your duty to ensure that Mindful Action Coaching Ltd. has kept adequate accounting records and to prepare statutory financial statements that give a true and fair view of the assets, liabilities, financial position and profit of Mindful Action Coaching Ltd.. You consider that Mindful Action Coaching Ltd. is exempt from the statutory audit requirement for the year.

We have not been instructed to carry out an audit or a review of the financial statements of Mindful Action Coaching Ltd.. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the statutory financial statements.

Rachel Rahman Limited
Chartered Certified Accountants
178 The Moors
Kidlington
Oxford
OX5 2AD

11 August 2025

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.