Registration number SC271104

andCoaching Ltd

Abbreviated accounts

for the year ended 31 December 2012



andCoaching Ltd

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andCoaching Ltd

Report to the Board of Directors on the preparation of unaudited financial statements of andCoaching Ltd for the year ended 31 December 2012

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the accounts of andCoaching Ltd for the year ended 31 December 2012 which comprise of the Balance Sheet and the related notes from the Company's accounting records and from information and explanations you have given to us.

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

This report is made to the company's board of directors in accordance with the terms of our engagement. Our work has been undertaken solely to prepare for your approval the accounts of andCoaching Ltd and state those matters that we have agreed to state to the company's board of directors, as a body, in this report, in accordance with the requirements of The Association of Chartered Certified Accountants . To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's board of directors, as a body, for our work or for this report.

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

We have not been instructed to carry out an audit of the financial statements. 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 financial statements.

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McDonald Gordon & Co Ltd
Chartered Certified Accountants
29 York Place
Edinburgh
EH1 3HP

30 May **2013**

andCoaching Ltd

Abbreviated balance sheet
as at 31 December 2012

	Notes	2012 £	2012 £	2011 £	2011 £
Fixed assets					
Tangible assets	2		189		236
Investments	2		-		51
			189		287
Current assets					
Debtors		15,989		15,624	
Cash at bank and in hand		8,364		8,993	
		24,353		24,617	
Creditors: amounts falling due within one year		(17,578)		(15,710)	
Net current assets			6,775		8,907
Total assets less current liabilities			6,964		9,194
Net assets			6,964		9,194
Capital and reserves					
Called up share capital	3		1,511		1,253
Other reserves			67		67
Profit and loss account			5,386		7,874
Shareholders' funds			6,964		9,194

The directors' statements required by Sections 475(2) and (3) are shown on the following page which forms part of this Balance Sheet.

The notes on pages 4 to 5 form an integral part of these financial statements.

Abbreviated balance sheet (continued)

Directors' statements required by Sections 475(2) and (3) for the year ended 31 December 2012

In approving these abbreviated accounts as directors of the company we hereby confirm:

(a) that for the year stated above the company was entitled to the exemption conferred by Section 477 of the Companies Act 2006 ;

(b) that no notice has been deposited at the registered office of the company pursuant to Section 476 requesting that an audit be conducted for the year ended 31 December 2012 ; and

(c) that we acknowledge our responsibilities for:

(1) ensuring that the company keeps accounting records which comply with Section 386 ; and

(2) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its profit or loss for the year then ended in accordance with the requirements of Section 393 and which otherwise comply with the provisions of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

These abbreviated accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies .

The abbreviated accounts were approved by the Board on 17 May 2013 and signed on its behalf by

Roger Thomas

Roger Thomas
Director

Registration number SC271104

1. Accounting policies

1.1. Accounting convention

The accounts are prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

1.2. Turnover

Turnover represents the total invoice value, excluding value added tax, of sales made during the year and derives from the provision of goods falling within the company's ordinary activities.

1.3. Tangible fixed assets and depreciation

Depreciation is provided at rates calculated to write off the cost less residual value of each asset over its expected useful life, as follows:

Fixtures, fittings and equipment	-	25% straight line

1.4. Investments

Fixed asset investments are stated at cost less provision for permanent diminution in value.

1.5. Group accounts

The company is entitled to the exemption under Section 398 of the Companies Act 2006 from the obligation to prepare group accounts.

2. Fixed assets

	Tangible fixed assets £	Investments £	Total £
Cost			
At 1 January 2012	295	51	346
At 31 December 2012	295	51	346
Depreciation and Provision for diminution in value			
At 1 January 2012	59	-	59
Charge for year and movement	47	51	98
At 31 December 2012	106	51	157
Net book values			
At 31 December 2012	189	-	189
At 31 December 2011	236	51	287

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2.1. Investment details

	2012 £	2011 £
Subsidiary undertaking	-	51

Holdings of 20% or more

The company holds 20% or more of the share capital of the following companies:

Company	Country of registration or incorporation	Nature of business	Shares held Class	%
Subsidiary undertaking				
Pharos Performance Ltd	Scotland	Management coaching	Ordinary	100%

Pharos Performance Ltd has been dormant since 30 September 2008 and an application has been made to the Register of Companies that the company be dissolved.

3. Share capital

	2012 £	2011 £
Allotted, called up and fully paid		
1,511 Ordinary shares of £1 each	1,511	1,253
Equity Shares		
1,511 Ordinary shares of £1 each	1,511	1,253