

Company Number: 728041

The Body Soul Coach Limited
Abridged Unaudited Financial Statements
for the financial year ended 31 December 2025

The Body Soul Coach Limited
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The Body Soul Coach Limited

STATEMENT OF FINANCIAL POSITION

as at 31 December 2025

	Notes	2025 €	2024 €
Current Assets			
Receivables	5	1,944	3,030
Cash and cash equivalents		10,396	5,481
		<u>12,340</u>	<u>8,511</u>
Payables: amounts falling due within one year	6	<u>(12,333)</u>	<u>(11,405)</u>
Net Current Assets/(Liabilities)		<u>7</u>	<u>(2,894)</u>
Total Assets less Current Liabilities		<u>7</u>	<u>(2,894)</u>
Equity			
Called up share capital presented as equity		100	100
Retained earnings		(93)	(2,994)
Equity attributable to owners of the company		<u>7</u>	<u>(2,894)</u>

The financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland", applying Section 1A of that Standard.

I as Director of The Body Soul Coach Limited, state that -

(a) the company is availing itself of the exemption provided for by Chapter 15 of Part 6 of the Companies Act 2014,

(b) the company is availing itself of the exemption on the grounds that the conditions specified in section 358 are satisfied,

(c) the shareholders of the company have not served a notice on the company under section 334(1) in accordance with section 334(2),

(d) I acknowledge the company's obligations under the Companies Act 2014, to keep adequate accounting records and prepare financial statements which give a true and fair view of the assets, liabilities and financial position of the company at the end of its financial year and of its profit or loss for such a financial year and to otherwise comply with the provisions of the Companies Act 2014 relating to financial statements so far as they are applicable to the company,

(e) the company has relied on the specified exemption contained in section 352 Companies Act 2014. The company has done so on the grounds that the company is entitled to the benefit of that exemption as a small company and the abridged financial statements have been properly prepared in accordance with section 353 Companies Act 2014 and the small companies' regime.

Approved by the board on 16 January 2026 and signed on its behalf by:

Christina Kenny

Christina Kenny
Director

The Body Soul Coach Limited
STATEMENT OF CHANGES IN EQUITY

as at 31 December 2025

	Called up share capital €	Retained earnings €	Total €
At 1 January 2024	100	-	100
Loss for the financial year	-	(2,994)	(2,994)
At 31 December 2024	100	(2,994)	(2,894)
Profit for the financial year	-	2,901	2,901
At 31 December 2025	100	(93)	7

The Body Soul Coach Limited

NOTES TO THE ABRIDGED FINANCIAL STATEMENTS

for the financial year ended 31 December 2025

1. General Information

The Body Soul Coach Limited is a company limited by shares incorporated and registered in Ireland. The registered number of the company is 728041. The registered office of the company is 5 Terenure Square, Terenure, Dublin 6W which is also the principal place of business of the company. The Body Soul Coach Limited is a professional services company helping leaders in business get the most out of their teams while also creating balance in their life. The company offers services which include Executive Coaching, Career Development, Coaching, Life Coaching, Public Speaking, Team Building, Training. The financial statements have been presented in Euro (€) which is also the functional currency of the company.

2. Summary of Significant Accounting Policies

The following accounting policies have been applied consistently in dealing with items which are considered material in relation to the company financial statements.

Statement of compliance

The financial statements of the company for the financial year ended 31 December 2025 have been prepared in accordance with the provisions of FRS 102 Section 1A (Small Entities) and the Companies Act 2014.

Basis of preparation

The financial statements have been prepared on the going concern basis and in accordance with the historical cost convention except for certain properties and financial instruments that are measured at revalued amounts or fair values, as explained in the accounting policies below. Historical cost is generally based on the fair value of the consideration given in exchange for assets. The financial reporting framework that has been applied in their preparation is the Companies Act 2014 and FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" Section 1A, issued by the Financial Reporting Council.

The company qualifies as a small company as defined by section 280A of the Companies Act 2014 in respect of the financial year, and has applied the rules of the 'Small Companies Regime' in accordance with section 280C of the Companies Act 2014 and Section 1A of FRS 102.

Revenue

Revenue comprises the invoice value of goods supplied by the company, exclusive of trade discounts and value added tax.

Trade and other receivables

Trade and other receivables are initially recognised at fair value and thereafter stated at amortised cost using the effective interest method less impairment losses for bad and doubtful debts except where the effect of discounting would be immaterial. In such cases the receivables are stated at cost less impairment losses for bad and doubtful debts.

Trade and other payables

Trade and other payables are initially recognised at fair value and thereafter stated at amortised cost using the effective interest rate method, unless the effect of discounting would be immaterial, in which case they are stated at cost.

Employee benefits

The company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the company in an independently administered fund. The company also operates a defined benefit pension scheme for its employees providing benefits based on final pensionable pay. The assets of this scheme are also held separately from those of the company, being invested with pension fund managers.

Taxation and deferred taxation

Current tax represents the amount expected to be paid or recovered in respect of taxable profits for the financial year and is calculated using the tax rates and laws that have been enacted or substantially enacted at the Statement of Financial Position date.

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date where transactions or events have occurred at that date that will result in an obligation to pay more tax in the future, or a right to pay less tax in the future. Timing differences are temporary differences between the company's taxable profits and its results as stated in the financial statements.

Deferred tax is measured on an undiscounted basis at the tax rates that are anticipated to apply in the periods in which the timing differences are expected to reverse, based on tax rates and laws that have been enacted or substantively enacted by the Statement of Financial Position date.

The Body Soul Coach Limited

NOTES TO THE ABRIDGED FINANCIAL STATEMENTS

for the financial year ended 31 December 2025

Government grants

Capital grants received and receivable are treated as deferred income and amortised to the Income Statement annually over the useful economic life of the asset to which it relates. Revenue grants are credited to the Income Statement when received.

Foreign currencies

Monetary assets and liabilities denominated in foreign currencies are translated at the rates of exchange ruling at the Statement of Financial Position date. Non-monetary items that are measured in terms of historical cost in a foreign currency are translated at the rates of exchange ruling at the date of the transaction. Non-monetary items that are measured at fair value in a foreign currency are translated using the exchange rates at the date when the fair value was determined. The resulting exchange differences are dealt with in the Income Statement.

Ordinary share capital

The ordinary share capital of the company is presented as equity.

3. Operating profit/(loss)	2025	2024
	€	€
Operating profit/(loss) is stated after crediting:		
Government grants received	<u>(2,300)</u>	<u>-</u>

4. Employees

The average monthly number of employees, including director, during the financial year was 1, (2024 - 1).

	2025	2024
	Number	Number
Consultant	<u>1</u>	<u>1</u>

5. Receivables	2025	2024
	€	€
Trade receivables	1,844	2,912
Taxation	-	18
Called up share capital not paid	100	100
	<u>1,944</u>	<u>3,030</u>

6. Payables	2025	2024
Amounts falling due within one year	€	€
Trade payables	2,056	-
Taxation	775	253
Director's current account (Note 9)	9,448	11,098
Accruals	54	54
	<u>12,333</u>	<u>11,405</u>

7. Income Statement

	2025	2024
	€	€
At 1 January 2025	(2,994)	-
Profit/(loss) for the financial year	<u>2,901</u>	<u>(2,994)</u>
At 31 December 2025	<u>(93)</u>	<u>(2,994)</u>

continued

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NOTES TO THE ABRIDGED FINANCIAL STATEMENTS
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8. Capital commitments

The company had no material capital commitments at the financial year-ended 31 December 2025.

9. Director's remuneration and transactions	2025	2024
	€	€
Remuneration	10,000	8,000
	<u><u> </u></u>	<u><u> </u></u>

The following amounts are repayable to the director:

	2025	2024
	€	€
Christina Kenny	9,448	11,098
	<u><u> </u></u>	<u><u> </u></u>

10. Events After the End of the Reporting Period

There have been no significant events affecting the company since the financial year-end.

11. Approval of financial statements

The financial statements were approved and authorised for issue by the board on 16 January 2026.