

**Company registration number: 693551**

**Stuck Mid-Career Coaching Limited**  
**Unaudited abridged financial statements**  
**for the financial year ended 30 September 2025**

# Stuck Mid-Career Coaching Limited

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## **Stuck Mid-Career Coaching Limited**

### **Directors responsibilities statement**

These abridged financial statements have been extracted, pursuant to section 353 of the Companies Act 2014, from the statutory financial statements prepared under section 290 of that Act. The following is the Directors Responsibilities Statement accompanying those financial statements.

The directors are responsible for preparing the directors report and the financial statements in accordance with applicable Irish law and regulations.

Irish company law requires the directors to prepare financial statements for each financial year. Under the law, the directors have elected to prepare the financial statements in accordance with the Companies Act 2014 and FRS 105 "The Financial Reporting Standard applicable to the Micro-entities regime" issued by the Financial Reporting Council. Under company law, the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the assets, liabilities and financial position of the company as at the financial year end date and of the profit or loss of the company for the financial year and otherwise comply with the Companies Act 2014.

In preparing these financial statements, the directors are required to:

- select suitable accounting policies and then apply them consistently;
- make judgments and accounting estimates that are reasonable and prudent;
- state whether the financial statements have been prepared in accordance with applicable accounting standards, identify those standards, and note the effect and the reasons for any material departure from those standards; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for ensuring that the company keeps or causes to be kept adequate accounting records which correctly explain and record the transactions of the company, enable at any time the assets, liabilities, financial position and profit or loss of the company to be determined with reasonable accuracy, enable them to ensure that the financial statements and directors report comply with the Companies Act 2014. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

**Mr Raymond Aherne**  
Director

**Mrs Bernadette Aherne**  
Director

16 February 2026

## Stuck Mid-Career Coaching Limited

### Balance sheet As at 30 September 2025

	2025 €	2024 €
Current assets	728	1,518
Creditors: amounts falling due within one year	(11,423)	(4,751)
<b>Net current liabilities</b>	<u>(10,695)</u>	<u>(3,233)</u>
<b>Total assets less current liabilities</b>	(10,695)	(3,233)
Accruals and deferred income	-	(1,292)
<b>Net liabilities</b>	<u>(10,695)</u>	<u>(4,525)</u>
<b>Capital and reserves</b>	<u>(10,695)</u>	<u>(4,525)</u>

We, as directors of Stuck Mid-Career Coaching 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 of the Companies Act 2014 are satisfied;
- (c) the shareholders of the company have not served a notice on the company under section 334(1) of the Companies Act 2014 in accordance with section 334(2);
- (d) we 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 Companies Act 2014 relating to financial statements so far as they are applicable to the company; and
- (e) the company has relied on the specified exemption contained in section 352 of the Companies Act 2014; has done so on the grounds that the company is entitled to the benefit of that exemption as a micro company and the abridged financial statements have been properly prepared in accordance with section 353 of the Companies Act 2014.

The financial statements have been prepared in accordance with the micro companies regime.

These abridged financial statements were approved by the board of directors on 16 February 2026 and signed on behalf of the board by:

**Mr Raymond Aherne**  
Director

**Mrs Bernadette Aherne**  
Director

## **Stuck Mid-Career Coaching Limited**

### **Notes to the abridged financial statements Financial year ended 30 September 2025**

#### **1. General information**

The company is a private company limited by shares, registered in Ireland. The address of the registered office is Dean House, Leonsgarve, Carrickmacross, Co. Monaghan.

#### **2. Statement of compliance**

These financial statements have been prepared in accordance with FRS 105, 'The Financial Reporting Standard applicable to the Micro-entities Regime'.

#### **3. Accounting policies and measurement bases**

##### **Basis of preparation**

The financial statements have been prepared on the historical cost basis.

The financial statements are prepared in Euro, which is the functional currency of the entity.

##### **Going concern**

At the time of approving the financial statements, the directors have a reasonable expectation that the company has adequate resources to continue in operational existence for the foreseeable future. Thus, the directors continue to adopt the going concern basis of accounting in preparing the financial statements.

##### **Judgements and key sources of estimation uncertainty**

In the application of the company's accounting policies, the directors are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

There are no estimates and assumptions which have a significant risk of causing a material adjustment to the carrying amount of assets and liabilities in the financial statements.

##### **Turnover**

Turnover is measured at the fair value of the consideration received or receivable for goods supplied and services rendered and net of discounts. The principal activity of the company is exempt from Value Added Taxation.

Revenue from the rendering of services is measured by reference to the stage of completion of the service transaction at the end of the reporting period provided that the outcome can be reliably estimated. When the outcome cannot be reliably estimated, revenue is recognised only to the extent that expenses recognised are recoverable.

## Stuck Mid-Career Coaching Limited

### Notes to the abridged financial statements (continued) Financial year ended 30 September 2025

#### Financial instruments

The company has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the company's balance sheet when the company becomes party to the contractual provisions of the instrument.

Financial assets are classified into specific categories. The classification depends on the nature and purpose of the financial assets and is determined at the time of recognition.

#### *Basic financial assets*

Basic financial assets, which include trade and other receivables and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Other financial assets classified as fair value through surplus or deficit are measured at fair value.

#### *Other financial assets*

Other financial assets, including investments in equity instruments which are not subsidiaries, associates or joint ventures, are initially measured at fair value, which is normally the transaction price. Such assets are subsequently carried at fair value and the changes in fair value are recognised in profit or loss, except that investments in equity instruments that are not publicly traded and whose values cannot be measured reliably are measured at cost less impairment.

#### 4. Going concern

The company meets its day to day working capital requirements through loans advanced by directors and the directors do not intend to charge interest on these loans. The directors will continue to fund the company's working capital requirement through personal loans, which will have no interest charge or repayment terms. Repayments of these loans will only be sought when the company has the resources to repay them. On this basis, the directors consider that the going concern basis is appropriate in preparing these financial statements.

#### 5. Appropriations of profit and loss account

	2025	2024
	€	€
At the start of the financial year	(4,625)	2,730
Loss for the financial year	(6,170)	(7,355)
<b>At the end of the financial year</b>	<u>(10,795)</u>	<u>(4,625)</u>