



*"I would highly recommend Abigail as a speaker and trainer."
Nicky Christmas*

"Abigail is a 5 public speaker she truly, knows how to engage an audience." Lorna Balden*

"As a speaker, Abigail is engaging, relevant and relatable." Andrew Priestly



Abigail Barnes is an award-winning entrepreneur, author, and speaker on personal productivity. She is a qualified coach and creator of the renowned 888 Formula and Founder of Success by Design Training.

Abigail Barnes is the author of *Time Management for Entrepreneurs*, a book that has helped thousands of readers learn how to prioritise their time and resources, increasing their efficiency, giving them more time to focus on growth and revenue-generating activities. As well as unlocking their formula for life balance.



Abigail understands human motivation and uses her own life-changing wake-up call to inspire, motivate and teach audiences how to transform their mindset, lives.

She will leave your audience excited, ready to take action, and begging for more.

All talks/training can be bespoke tailored to your audience & objectives:

- 💡 Excelling at time management when you're already a pro!
- 💡 Using the 888 Formula to improve work-life balance & personal productivity.
- 💡 Busting the Balance Myths

- 🏠 Inspirational Keynote Speaker | Trainer
- 🏠 Author (*Time Management for Entrepreneurs*)
- 🏠 Founder of Success by Design Training
- 🏠 Redefining Time | Happiness-led Productivity

Book Abigail to Speak

- ✉ enquiries@successbydesigntraining.com
- ☎ 07968 817 651
- 📱 @abarnesauthor

