



## Busting the Balance Myths Workshop

*"I was so impressed with Abigail's session. She is an excellent speaker, a breath of fresh air! Her productivity tips are fantastic. I love that she concentrates on why we are not productivity rather than repeating all the productivity tips we all know but don't use! I would highly recommend Abigail as a speaker and trainer."*

*Nicky Christmas, Founder  
Practically Perfect PA*



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.

The 888 Formula is a cutting-edge, holistic approach to work life balance. A practical framework that helps individuals audit their life and identify areas for development against 3 key metrics:



Success by Design Training is on a mission to help 1 million executives, their assistants and teams to improve their productivity & general wellbeing, using the 888 Formula and create better work/life balance.

Busting the Balance Myths is a deep dive into the mindset/habits/myths that undermine productivity and work/life balance.

Your team will be left empowered, inspired and equipped with new strategies to try in their work/life.

### Workshop Options:

- Lunchtime Introduction
- 90 Minute Session
- 1/2 Day Workshop
- Full Day Workshop

All training/workshops can be bespoke tailored to your audience & objectives: All sessions include a presentation, Q&A and email support after the session..

*"We think, mistakenly, that success is the result of the amount of time we put in at work, instead of the quality of time we put in."*  
— Arianna Huffington

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