



"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



Award-winning Entrepreneur | Author | International Speaker | Virtual Speaker/Trainer | Host of The Productive Wellbeing Show | Creator of The 888 Formula | Founder of Success by Design Training

Abigail Barnes is the author of Time Management for Entrepreneurs, a book read by thousands worldwide.

As a Speaker/Trainer she teaches her clients how to prioritise their tasks not time, maximise resources to improve efficiency, and focus on the activities that move the needle. As well as increasing productivity and unlocking their formula for improved work/life balance.



- Inspirational Keynote Speaker | Trainer
- Author (Time Management for Entrepreneurs)
- Founder of Success by Design Training
- Productive Wellbeing Show | Host/Producer

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

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 (areas covered outlined below).

The 888 Efficiency Secret

- Introduction to The 888 Formula
- Productive Wellbeing & Resilience
- Work/life blueprint (Individual/Organisation)
- Remote/Flexible Working
- Task Management (Efficiency/Effectiveness)
- Unlocking your Time Purpose
- Protecting the Asset (Energy Management tips)
- Boundaries not Burnout
- The 8-Minute Secret

Book Abigail to Speak

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