



"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 a Time Management author, whose books are being read by thousands in over 19 countries and 4 continents 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.

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

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

Abigail Barnes and her 888 formula gave me one of the biggest 'ah-ha' moments that I have had in recent years. As an event producer and owner of a speaker bureau, that doesn't happen very often, but Abigail's story connected and resonated, not just with me but with every audience we put her in front of. I have worked with Abigail since 2020 on various events that we have run and we always get high scores for her in our feedback. Abigail is always an absolute pleasure to work with, is popular with our audiences and her messaging is quite literally life-changing. I wouldn't hesitate to recommend her.

Lucy Brazier OBE

All talks/training can be bespoke tailored to your audience & objectives (areas covered outlined below).

1. Time Management like a pro: Reclaim an hour a day
2. Avoiding burnout with the Productive Wellbeing Method
3. The secret to successful Time Management: using The 888 Formula
4. It's your Time: Abigail's life-changing story, life after near death.

Book Abigail to Speak



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