



PRODUCTIVE WELLBEING TRAINING

SUCCESS BY DESIGN TRAINING

Productive Wellbeing

The Art of **Achieving** more with the time you have; without compromising your wellbeing in the process.



Productivity

Maximising the time you have.



Responsibilities

Knowing what you need to do & what you don't.



Wellbeing

Consistent energy to do the right things at the right time.

Productivity: Maximising what you have

Wellbeing: Protecting the Asset



"It was a fantastic session that allowed us all to explore not only how we could really achieve our goals in a measured and sustainable way but also gave time for reflection on what is stopping us. Her style of delivery was warm and embraced everyone's differences. Abigail also spoke with integrity and honest personal experience that built instant rapport, integrity and respect. A great session that I will come back to time and time again."

Steph Taylor



Top 8 Learning Outcomes

The 8 Top skills & feelings participants tell us they take away from our Productive Wellbeing Training, Workshops & Accountability Challenges.

01	FOCUSED
02	ORGANISED
03	SUCCESSFUL
04	INSPIRED
05	EMPOWERED
06	ACCOUNTABLE
07	EXCITED
08	MOTIVATED

"Abigail was really motivating! Her 888 approach and 25 day challenge really helped me to focus my efforts and set clear goals when starting my business! If you need to be more productive and focused on what's really important to you, then reach out to Abigail now!"

Nicola Anderson



Package Options

This training is a transformation journey with many career/business/life lessons to be learned and built on along the way. Choose the option that's right for your delegates today. All options are bespoke tailored to your requirements.

Option 1: 60 Minute Training

During this interactive session your audience will gain practical, actionable tips, tools and strategies they can use at work and in their day to day life to improve their personal productivity & work/life balance including an introduction to The 888 Formula, The RESET Method & The Time Tracking Challenge.

This session will cover:

1. Your relationship with time & the beliefs keeping you stuck
2. The Secret to Successful Time Management and The 888 Formula
3. Protecting the Asset & The Time Tracking Challenge

This Option includes:

1. 45 Minute Training Session (see above for what's covered) plus 15 Mins Q&A
2. In person & Online options available (venue & refreshments not included)
3. x 10 Signed copies of Time Management for Entrepreneurs & Professionals by Abigail Barnes Book & Workbook (Value £250 RRP)
4. Option to purchase additional copies (at wholesale price)

Investment: £xxx (plus travel & expenses if in Person)

Option 2: Half/Full Day Workshop

During this interactive session your audience will gain practical, actionable tips, tools and strategies they can use at work and in their day to day life to improve their personal productivity & work/life balance including an introduction to The 888 Formula, The RESET Method & The Time Tracking Challenge.

This session will cover:

1. Your relationship with time & the beliefs keeping you stuck
2. The Secret to Successful Time Management and The 888 Formula
3. Protecting the Asset & the Time Tracking Challenge
4. The RESET Method - The power of 2x25 & how to use it

This Option includes:

1. Half/Full Day Facilitated Workshop (see above for what's covered)
2. In person & Online options available (venue & refreshments not included)
3. x 10 Signed copies of Time Management for Entrepreneurs & Professionals by Abigail Barnes Book & Workbook (Value £250 RRP)
4. Option to purchase additional copies (at wholesale price)

Investment: £xxxx - £xxxx (plus travel & expenses)



Package Options

Option 3 & 4 can be added to either of the above packages at the time of delivery, they can also become the next step in your training plans should you want us to break down the content and cover it over a longer period of time (Option 5).

All options are bespoke tailored to our clients requirements, let's hop on a call & find the right combination for you and your budget.

Option 3: Time Tracking Challenge

Give your audience the opportunity to implement what they learn during the training session over 7 days with a time tracking challenge.

Option includes:

1. Challenge Workbook & Time Tracker pdf printable/online (hard copies can be purchased)
2. Post Challenge Progress Audit and Q&A Session (Zoom 45 Mins)

Investment: £xxx

Option 4: Accountability Challenge

Give your audience the opportunity to practice what they learn during the training session over 25 days with a group accountability challenge and Graduation Celebration Session.

Option includes:

1. Challenge Workbook & Daily Tracker pdf Printable (hard copies can be purchased)
2. Online Accountability Group (Delivery Platform TBA)
3. Post Challenge Graduation Celebration and Q&A Session (Zoom 45 Mins)

Investment: £xxxx

Option 5: 12 Month Experience

Investment: £xxxx

Information changes perspectives - Actions change lives!
Abigail Barnes

"Abigail's Productive Wellbeing Workshop came at a perfect time for me and gave me the impetus, strategies and motivation I needed for a reset. Abigail delivered her workshop to our group with warmth and empathy. She is utterly believable; her personal story is a testament to what she teaches. A great day with excellent outcomes and wholeheartedly recommended."

Debbie Firth

Your Trainer



"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

Abigail Barnes is the founder & CEO of Success by Design Training, an award-winning entrepreneur, author, speaker, and corporate trainer on time management and productive wellbeing. She is a qualified coach working with senior leaders, ambitious professionals and successful entrepreneurs and she is the creator of the renowned 888 Formula.

Success by Design Training Mission: Teach The 888 Formula to 1 million people by 2025.

Abigail holds a BA Hons Degree in Business & Marketing Management, a Professional Postgraduate Diploma in Marketing, DipM ACIM, a certificate in Neuroscience Professional Development, approved by British Psychological Society and is a qualified coach, approved by the Association for Coaching and the Institute of Leadership & Management, Portsmouth University Business School.

Abigail Barnes has over 10 years' experience in Financial Services Marketing (Investment Management, Asset Management and Hedge Funds), she started her Business after a shock near death experience on a work business trip to Boston Massachusetts, United States in 2012 at the age of 32 – she shares her experience as a catalyst for change and the inspiration for re-prioritisation.

Success by Design Training

For over 10 years we have been working with Industry leading Organisations, and ambitious Entrepreneurs & Professionals from around the world that want to learn the strategies, tips, tools and tactics they need to MAXIMISE their time & resources, without compromising their wellbeing.

If you want a World Class Team : Give them World Class Training!

WWW.SUCCESSBYDESIGNTRAINING.COM

Some Praise



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. I have also guested on a couple of her shows. 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



I hired Abigail to be a masterclass host/speaker/trainer for a Passionate PA away-day in May 2022. I gave her the brief and said we did things differently. I needed a speaker who could adapt, embrace, nurture and excel in a not-so-average speaking gig... SHE DID NOT DISAPPOINT!

From the outset she worked hard to understand my brief, the style that would work for my team and the best way to inspire them. On the day she was engaging, supportive and very fun to work with.

Needless to say, feedback from my team has been wonderful - Abigail is the perfect speaker if your audience are anything but average and would relish the opportunity to see 'productivity' in a different way.

Kate Chastey



Real, authentic, compassionate, and effective. Abigail is a triple threat. Her stories will have you captivated, her lessons will be like an ear-worm guaranteeing that your team will learn and implement. You won't regret having Abigail speak to your team or event.

Rhonda Scharf



Abigail has just delivered a session on Productive Wellbeing & the 888 Formula, Creating a Resilient Workforce to our SSF UK members at our virtual annual conference. It has been a difficult year for us all and when we made the decision to go virtual we really didn't know what to expect. From the moment I first spoke to Abigail I knew she was perfect for our flagship event, I explained the theme of our conference and the brief and I knew she got it straight away.

Her session was so relevant and just what our members needed at a time when work life balance is not as it should be. Abigail really engaged with our audience and gave a truly insightful and interactive session that provided so many takeaways for members to implement into their own organisations.

Lynsey Oakes

Contact Us

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