



*"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 Time Management Podcast | 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 around the world & whose Podcast has listeners in 108 Countries.

As a dynamic Speaker and Trainer, she empowers clients to prioritise tasks over time, harness resources for peak efficiency, and concentrate on high-impact activities that drive results. Her approach boosts productivity and highlights strategies to achieve optimal 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. Master Time Like a Pro: Unlock an Extra Hour Every Day for What Truly Matters

Empower your team to reclaim time and reach new heights of productivity with actionable strategies for time mastery.

2. Using The 888 Formula for Peak Productivity: Transform Your Time Management

A game-changing approach to balancing work, rest, and personal time for sustainable success.

3. Beyond Burnout: Boost Productivity While Thriving in your Work & Life

Discover science-backed methods for achieving more without compromise—protecting well-being, improving performance, and avoiding burnout.

4. Redefining Success: Abigail's Inspiring Journey from Near-Death to Life Purpose

Experience the life-changing story of survival, transformation, and resilience. Abigail's journey will inspire you to embrace every moment and redefine success.

Book Abigail to Speak at
your next event



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120 PLUS LINKEDIN RECOMMENDATIONS

WWW.SUCCESSBYDESIGNTRAINING.COM