

TRANSFORMING SALES PRESSURE INTO SUSTAINABLE PERFORMANCE



"Abi is an absolute force of nature – her incredibly high energy, passion for people, candor and vulnerability, and business track record are completely unmatched!"

Abi has had a more meteoric rise to senior leadership roles than anyone you know! Her lived experience through high-pressure, fast-paced, commercially-driven organizations and businesses helped her identify a gap in the industry to combine wellness and high performance.

When you meet Abi, her GIGANTIC smile, and larger-than-life energy, you'll understand why you need to partner with her. You'll only see significant upside in staff engagement, high performance and retention as a result."



— Patrick Murray,
Partner, Amazon & Marketplace at 3Search



THE CHALLENGE

In today's sales-driven business environment, teams need more than KPIs to succeed. While the market is full of performance coaches promising quick fixes, few have lived the realities of high-pressure corporate life or know how to drive lasting change.

This was the exact challenge Patrick, a senior leader at Amazon, faced in finding the right support for his team. Without the proper tools to navigate high-pressure roles, his team experienced:

- Burnout
- Resentment
- Low energy
- Dysfunction and poor communication
- Disconnection from team and organizational goals

OUR SOLUTION

Workshop

Keynote

Patrick partnered with House Harmon because Abi brought a proven track record in high-pressure corporate environments. She understood the problems firsthand — even experiencing burnout herself.

Her unique perspective fills an underserved gap in the market: the intersection of wellness and corporate performance. Through corporate workshops and keynotes, Abi equipped Patrick's team with tools to sustain performance while staying energized and engaged.

THE IMPACT

Through Abi's sessions, Patrick gained the tools to help his high-performing team handle the highs and lows of a sales-driven environment. His team could now:

- Make faster, clearer decisions under pressure
- Confidently sell to complex customers
- Stay energized and avoid burnout
- Keep perspective while sustaining performance
- Turn clarity into stronger execution and faster speed-to-market

Ready to unlock clarity, speed,
and sustainable performance
for your team? Let's talk.

Trusted by senior leaders at

