A survey of leaders of Florida’s largest women-run businesses shows a majority are satisfied with the amount of time they spend on work and life.

Deborah Natansohn, president of Seabourn Cruise Line, dismisses any notion that she is a workaholic. Natansohn, 53, broke the glass ceiling in her industry as the first woman to preside over a cruise line in the United States. But for the “all-consumed-in-her-work” stereotype, she says it doesn’t apply.

A new survey of the leaders of Florida’s largest women-run businesses released today shows a majority — 51 percent — are satisfied with the amount of time they spend on work and their personal life.

“I think that debunks a lot of myths about women executives,” Natansohn says. “These leaders felt they had a lot of balance in their lives.”

The survey, the first of its kind in Florida, includes the responses of 60 women who lead Florida companies with revenue of more than $3 million. Florida International University’s Center for Leadership and The Commonwealth Institute South Florida compiled and analyzed the responses, which give a glimpse into the career goals, business challenges and personal lives of women entrepreneurs and top executives.

These women employ more than 30,000 people, and their companies contribute more than $32 billion to the state economy.

The survey shows most of these women have not sacrificed family to preside over expanding businesses. Most keep reasonable work schedules, logging an average of nine hours a day at work. And, almost half limit their travel to only a few times a year.