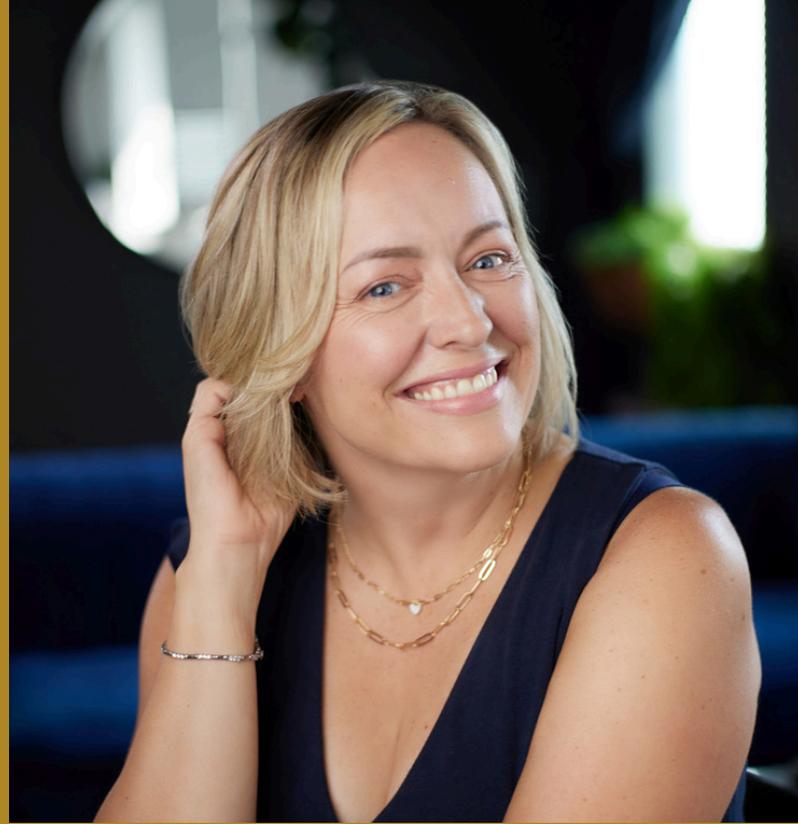


Donita  
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I lived for over 40 years in a hyper-arousal state, manifested in perpetual stress, incessant worry, and an unyielding desire to belong.

The long-term consequences that hyper-arousal can impose on the body include elevated cortisol levels (the stress hormone) leading to weight gain, increased blood pressure, impaired cognitive function. And let's not forget that the entire time you are in hyper-arousal, your immune system is suppressed, making you more susceptible to infectious disease and illness.

Author, MC Gabor Mate suggests that many chronic illnesses, such as arthritis, colitis, and fibromyalgia, can be linked to unresolved emotional issues, particularly childhood trauma. Maté believes that when emotional pain is not processed and resolved, it can manifest in physical symptoms and conditions later in life. The way to recovery is through understanding your window of tolerance. And putting your body and mind in a calm state.

It's time to prioritize you. Your overall well being. And because of this firsthand understanding that I have, I'm committed to walk alongside others as they strengthen their window of tolerance.

## MY CORE VALUES

- Curiosity
- Connection
- Curiosity
- Choice
- Compassion

## RESOURCES INCLUDED

- Window of Tolerance PDF
- Window of Tolerance Masterclass
- Strategies to Strengthen their Window of Tolerance

## TOPICS COVERED

- ✓ Understanding the Window of Tolerance
- ✓ Recognizing signs of hyper-arousal and hypo-arousal
- ✓ Impact on decision making and problem solving
- ✓ Effect of leadership and team dynamics
- ✓ Real life examples, and case study's
- ✓ Building resilience and adaptability
- ✓ Stress management strategies
- ✓ Creating a supportive work environment



## CONTACT

Please feel free to reach out for booking inquiries or for any questions.

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