Donita Fowler

INTEGRATIVE COACH
SPEAKER | AUTHOR

I lived for over 40 years in a hyper-arousal state, manifested in perpetual stress, incessant worry, and an undeniable lack of belonging. Hyper-arousal isn't just mentally exhausting; it takes a serious toll on the body.

Elevated cortisol levels, often called the 'stress hormone,' can lead to high blood pressure, impaired cognitive function, unhealthy weight gain, any form of an 'itis' in your body, headaches, TMJ (lock jaw) ...this list is extensive.

Why you ask? Well, during this prolonged state of stress, your immune system is suppressed, leaving you more vulnerable to chronic illnesses.

Author and MD, Gabor Mate 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 Resilience Zone (or Window of Tolerance). And understanding what you need to do to put your body in a calm state. What does that look like for you.

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 resilience zone.

MY CORE VALUES

Lead with **curiousity** » everything is figureoutable.

Connection matters » we're better together.

Exercise the **courage** to act » courage over comfort.

Choose » you, me, we always have a choice.

Compassionate Empathy » Be human first. Every time.

TAKEAWAYS

How to Manage Daily Stress PDF

Uncovering Your Resilience Zone PDF

Pre-recorded Masterclass: 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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