

Donita
Fowler

COACH & CO-FOUNDER
FOWLER PERFORMANCE COACHING



Chronic stress isn't just an emotional experience—it becomes physical. Elevated cortisol, inflammation, sleep disruption, autoimmune flares, and a nervous system that forgets what safety feels like.

As Dr. Gabor Maté writes, “The body keeps the score when emotions are left unprocessed.” I know this truth personally—and professionally.

Now, my work is centered on helping high-performing humans understand their saboteurs and shift out of survival mode using groundedness as their way back to self. Through the lens of the Resilience Zone (also known as the Window of Tolerance), I teach people how to regulate their nervous system, build internal awareness, and create real behavioral change—without needing to abandon the success they've built.

This isn't about stepping away from leadership.

It's about learning how to lead without abandoning yourself. My mission is to walk alongside others as they strengthen their inner foundation—so they can lead, love, and live from a place that actually feels good.

MY CORE VALUES

Lead with **curiosity** » 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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