



Understanding the Window of Tolerance (Webinar)

The Window of Tolerance is a concept originally developed by Dr Daniel Siegel, referring to the optimal zone of arousal for a person to function in everyday life, effectively managing and coping with the ebb and flow of emotions, energy levels and daily stressors.

People who have experienced adversity, trauma or significant stress may find it difficult to regulate their emotions and stay within their optimal zone of regulation and functioning

Presenter:	Isabell Georgiou	
Venue:	Webinar	
Date / Time:	Tuesday – 16 th May	10:00am – 11.30am



To enrol please contact the Foster Carer Learning team on 08 6277 4600 or email fosterworkshops@communities.wa.gov.au

