Two screens: The main screen at the right side, the work screen at the left.

Example 1: Mixer window, first call

Stand alone, size corrected manually
Pulled to the main screen

Pulled back to the work screen

After opening the window, when before closed at the main screen.

No chance to see the full window on the main screen. Size is frozen.
Example 2: Inspector window, first call

Stand alone, size corrected manually

Pulled to the main screen, only a part of the window is in sight.

No chance to get the whole window, but the vertical scrollbar helps.
Example 3: Staff options window, first call

Pulled to the main screen

Size corrected manually
Pulled back to the work screen

My opinion:
It is not easy to always get a proper screen size for to calculate the window size.
It would be helpful if we could start a resize of the window, that displays the whole window in a screen.