



# EncoreU

## The Threshold Woman Archetype Guide

*A self-discovery guide for women navigating  
the identity shifts of midlife and beyond.*

A Proven Method by Gia Levé

[EncoreU.com](https://www.EncoreU.com)

# Welcome to the Threshold

I know what it's like to feel lost after 55.

I was single, an empty nester, grieving my father, and watching a business I'd poured everything into slowly fall apart - not because I hadn't worked hard enough, but because I'd been giving 100% to something that wasn't giving it back. Sound familiar?

I had every external marker of a woman who should have had it together. Inside, I felt invisible. Unmoored. Like the life I'd built no longer fit who I was — but I had no idea who I was becoming.

What I discovered in that period changed everything. The turning point wasn't a strategy or a plan. It was a question: not "what went wrong?" but "who am I becoming?"

That question is what this guide is built around.

Inside you'll find 8 archetypes — 8 portraits of women navigating the identity shifts of midlife. They are not boxes or labels. They are mirrors. Read through all of them with an open heart. Notice which ones make you pause. Notice which lines feel uncomfortably true. Most women find themselves in two or three — and that's not confusion. That's the richness of where you are.

You are not lost. You are at a threshold.

And knowing which woman you're becoming? That changes everything.

With love, Gia x

Hi, I'm Gia and I'm so glad  
you're here!



Let's embark on this exciting path together!

# What is the Threshold Woman?



Her Archetype	Where She Is Now
The Seeker	Restless, searching for something more
The Phoenix	Rebuilding after a major ending
The Tender	Exhausted from giving everything to others
The Forged Woman	Forged by difficulty, ready for more than survival
The Wise Woman	Sitting on wisdom she hasn't yet shared
The Legacy Builder	Craving work that means something
The Guardian	Holding everything together, quietly depleted
The Sovereign Woman	Independent but longing for real connection



# The 8 EncoreU Archetypes

## The Seeker

She feels the pull toward something more — and is finally ready to follow it.

"You've been successful. You've been responsible. You've done what was expected. And somewhere in all of that, a quiet voice started asking — is this it? You're not ungrateful. You're not falling apart. You're just hungry. For something real. Something yours."

### SIGNS YOU'RE HERE

- You feel restless without knowing why
- You've outgrown parts of your life but haven't left yet
- You feel most alive when learning or exploring something new
- You scroll or search for 'something' but can't quite name it

### WHAT KEEPS YOU STUCK

- The fear that wanting more is selfish
- Too many possibilities, no clear direction
- Waiting for permission to begin
- Mistaking restlessness for ingratitude

### WHAT YOU SECRETLY CRAVE

Permission to explore without a destination. A life that feels alive, not just managed.

### YOUR INVITATION FORWARD

Ask yourself: what have I stopped allowing myself to want? Start there. Just there.

MANTRA "I trust the path that reveals itself as I walk it"



## The Guardian

She has held everything together for everyone. Now she's ready to hold space for herself.

"You are the steady centre. The one people count on. You've shown up with strength and consistency for decades — for your family, your team, your community. You have lived with deep integrity. And lately, beneath all that steadiness, a quieter question is rising: what do I actually want for myself?"

### SIGNS YOU'RE HERE

- Your identity is built around being responsible and reliable
- You feel subtly restless but not dramatically so
- You're not trying to escape your life — you want to expand within it
- You sense there is more, but don't want to disrupt what you've built

### WHAT KEEPS YOU STUCK

- A strong sense of obligation that crowds out personal desire
- Fear that evolving will destabilise those who depend on you
- Putting your own needs last for so long it feels normal
- Believing that wanting more is somehow ungrateful

### WHAT YOU SECRETLY CRAVE

Permission to explore new desires without abandoning what you've built. To nourish yourself as faithfully as you nourish others.

### YOUR INVITATION FORWARD

You don't have to burn anything down to grow. You just have to include yourself in the life you've so carefully tended.

MANTRA "I can hold space for what matters — while allowing for my own becoming."

# The 8 EncoreU Archetypes

## The Phoenix

"Something significant has ended — a marriage, a career, a version of yourself you worked hard to build. The loss was real. The grief was real. And yet beneath all of it, something is stirring. You're not starting over from scratch. You're starting over from experience. And you're beginning to feel the difference."

### SIGNS YOU'RE HERE

- You've been through a major ending in the last one to five years
- You feel both exhausted and oddly hopeful at the same time
- The old identity no longer fits but the new one isn't yet clear
- You are rebuilding — slowly, sometimes tentatively, but moving

### WHAT KEEPS YOU STUCK

- Grief that hasn't fully moved through yet
- Pressure to be 'over it' before you truly are
- Fear that you've left it too late to begin again
- Not knowing who you are outside the old story

### WHAT YOU SECRETLY CRAVE

To be seen in your strength, not your wound. To know that what's coming is worth the crossing.

### YOUR INVITATION FORWARD

Let yourself be in-between. You don't have to be rebuilt yet. You just have to be honest about where you are.

MANTRA "I am not who I was. I am not yet who I'm becoming. I trust the fire to shape me."



## The Wise Woman

"You have lived enough to know what matters. You've watched others chase things that didn't satisfy, and you've stopped chasing them yourself. You feel drawn inward — toward stillness, meaning, depth. The question isn't what to do next. It's how to share what you've become. How to let your life mean something beyond the roles you've already played."

### SIGNS YOU'RE HERE

- You crave depth over breadth in relationships and work
- You feel called to teach, mentor, or guide others
- Solitude nourishes you but you're aware isolation is a risk
- You have wisdom you haven't yet found the right vessel for

### WHAT KEEPS YOU STUCK

- Undervaluing what you know because it came through living rather than study
- Waiting to feel 'ready enough' to share your gifts
- Overthinking instead of acting
- Retreating so far inward that connection is lost

### WHAT YOU SECRETLY CRAVE

To be seen as someone with something vital to offer. To have your lived experience recognised as the gift it is.

### YOUR INVITATION FORWARD

Your wisdom is not yours to keep. The world needs what you've lived through. Begin sharing it — imperfectly, humbly, now.

MANTRA "My presence is powerful. My wisdom is enough."

# The 8 EncoreU Archetypes

## The Tender

She has loved deeply and given generously. Now her own heart is calling for her attention.

"You have been the one who shows up. The mother, the daughter, the caregiver, the friend who holds it all together. You have given so much for so long that you have almost forgotten what you want. Almost. Because lately a quiet voice has been growing louder, asking a question you've been too busy — or too guilty — to answer: what about me?"

### SIGNS YOU'RE HERE

- Your identity is deeply tied to caring for and tending to others
- You feel guilty when you prioritise yourself
- You're exhausted in a way that sleep doesn't fix
- You've recently lost a caregiving role and feel adrift without it

### WHAT KEEPS YOU STUCK

- Believing your worth is in what you give rather than who you are
- Not knowing who you are outside your roles
- Difficulty receiving care, help, or love without guilt
- Putting yourself last for so long it no longer feels like a choice

### WHAT YOU SECRETLY CRAVE

To be nourished, not just needed. To discover who you are when nobody needs anything from you.

### YOUR INVITATION FORWARD

Include yourself in the circle of your own care. Not instead of others — alongside them.

MANTRA "My care is sacred — and I include myself in its embrace."

## The Legacy Builder

She is done with busy. She wants her life to mean something — and she's ready to build it.

"You've achieved things. You've built things. And somewhere along the way the question shifted from 'what can I accomplish?' to 'what will I leave behind?' You think about impact now — not for ego, but because you have a sense that you are here for something specific. Something that uses everything you've lived and learned. You just haven't quite named it yet"

### SIGNS YOU'RE HERE

- You think about contribution and meaning, not just success or achievement
- You want your work to ripple outward beyond you
- Shallow or performative pursuits bore or frustrate you
- You sense an unlived version of yourself quietly calling

### WHAT KEEPS YOU STUCK

- High standards that tip into perfectionism and paralysis
- Burnout from doing too much of what doesn't align
- Waiting for the perfect vehicle for your purpose before beginning
- Tying your sense of worth to output and productivity

### WHAT YOU SECRETLY CRAVE

Work that feels sacred, not just strategic. A legacy that reflects who you truly are, not who you thought you should be.

### YOUR INVITATION FORWARD

Legacy begins now — in how you show up today, not in what you finish tomorrow. Start living it before you've finished building it.

MANTRA "I make space for what matters — and let that shape the mark I leave."



# The 8 EncoreU Archetypes

## The Forged Woman

She has walked through what would have broken others. Now she is choosing what comes next.

"You have faced things that would have broken other women. Loss. Betrayal. Illness. Financial hardship. Relationships that took more than they gave. You kept going — not because it was easy, but because stopping was never really an option. Now, for the first time in a long time, you have a chance to ask: what do I actually want to build?"

### SIGNS YOU'RE HERE

- You have survived something — or many things — significant
- Strength is your default mode and softness feels unfamiliar
- You struggle to ask for help or fully let others in
- You are ready for something beyond surviving

### WHAT KEEPS YOU STUCK

- Hypervigilance from years of managing difficulty alone
- Distrust — of people, of ease, of your own hope
- Grief or anger that hasn't yet been fully witnessed
- Not knowing how to be at peace when you've only known how to be at war

### WHAT YOU SECRETLY CRAVE

To rest without guilt. To be held without having to be strong. To build something from joy rather than necessity.

### YOUR INVITATION FORWARD

Your resilience is your greatest gift — and it is not your whole story. You are allowed to want more than strength.

MANTRA "I have walked through the fire. Now I choose what I carry forward."



## The Sovereign Woman

She has built a life on her own terms. Now she craves connection that honours her freedom.

"You have built your life on self-reliance — not from ego, but from experience. You trust your own judgment. You chart your own course. You've made the bold choice to prioritise your own sovereignty. And yet lately, beneath that fierce self-sufficiency, something is stirring. Not a desire for dependence — but a longing for depth. For connection that meets you exactly where you are."

### SIGNS YOU'RE HERE

- You value your independence above almost everything else
- You are comfortable in solitude and don't fear being alone
- You show up honestly and without pretence
- You want connection but on your own terms

### WHAT KEEPS YOU STUCK

- Isolating or withdrawing when things get hard rather than reaching out
- Trust barriers built from past experiences that were less than honouring
- Equating receiving support with weakness or loss of freedom
- Struggling to express vulnerability or need even when you feel it

### WHAT YOU SECRETLY CRAVE

Relationships that meet you where you are. Spaces where you can be fully yourself without needing to compromise your freedom.

### YOUR INVITATION FORWARD

Redefine connection as freedom-enhancing, not freedom-threatening. The right people will honour your sovereignty — not diminish it.

MANTRA "I walk my path with strength — and let others walk beside me when it feels true."

# WHAT'S NEXT?

## Ready to Go Deeper?

If something in these pages stopped you — if you read a line and felt a quiet yes, or found yourself reading one archetype and thinking that's uncomfortably accurate — then you already know more than you think you do.

That recognition is not an accident. It's the beginning.

I created the EncoreU Founding Circle for exactly this moment — for the woman who has just seen herself clearly, perhaps for the first time in years, and is ready to do something about it. The Founding Circle is an intimate 8-week live journey for women ready to move from recognition into transformation. We will go deep into your archetype, clear what's keeping you stuck, reconnect you with your voice and your purpose, and build the foundation of your most fulfilling Third Act — together.

I'm looking for 10 to 12 women to be part of this founding group. Not just to go through the program — but to help shape it. Your experience, your feedback, and your voice will influence everything this becomes.

## If something in you is saying yes

...I'd love to hear from you. This is offered at no cost to founding members.

In return I ask for your commitment, your honesty, and your willingness to do the work.

I'd love to hear from you.

Applications are reviewed personally by Gia. Limited to 10–12 women. If this round is full, you'll be first on the list for the next.

Yes, I'm Ready for the  
EncoreU Founders Circle Experience

