

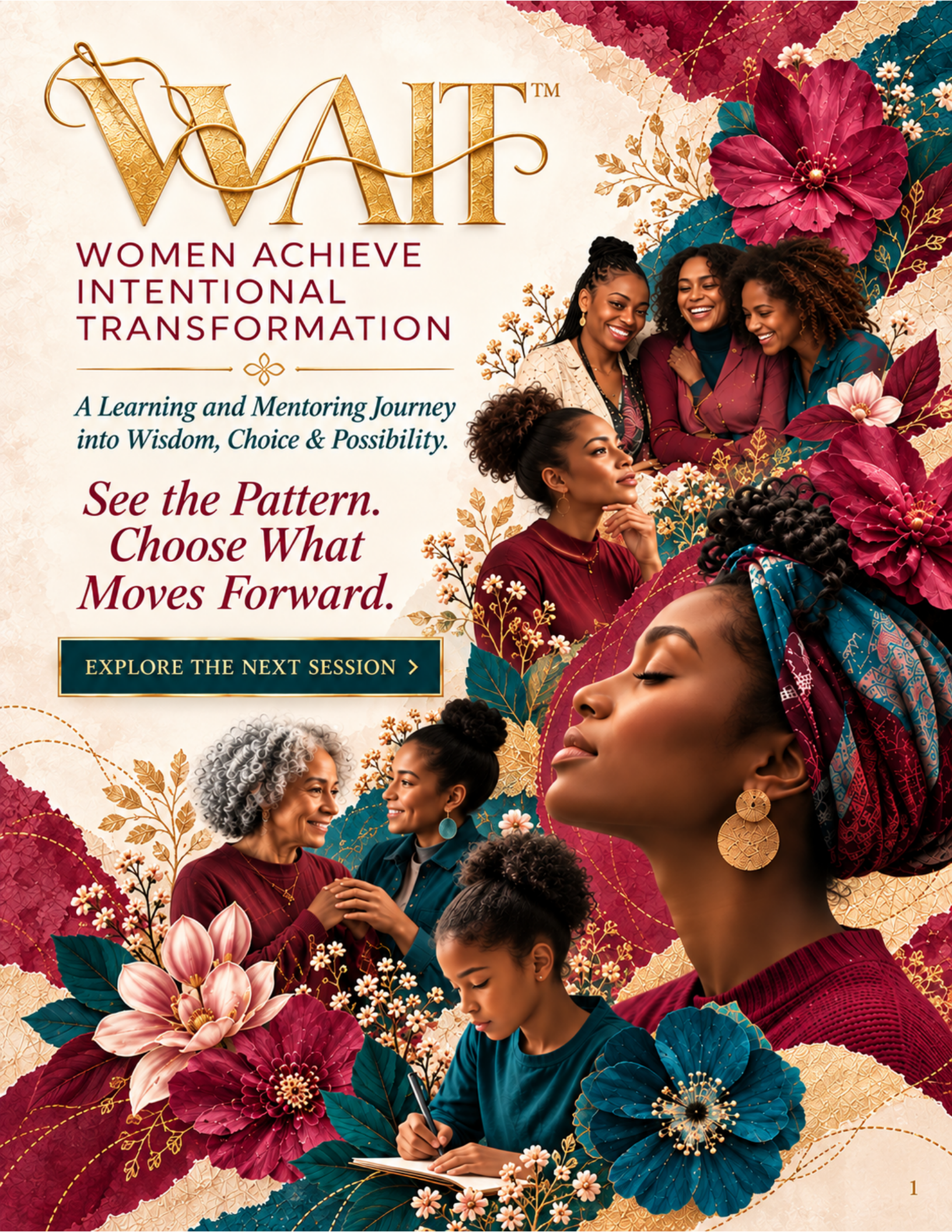
WAIT™

WOMEN ACHIEVE INTENTIONAL TRANSFORMATION

*A Learning and Mentoring Journey
into Wisdom, Choice & Possibility.*

*See the Pattern.
Choose What
Moves Forward.*

EXPLORE THE NEXT SESSION >





WELCOME FROM OUR FOUNDER

Dr. Leonie H. Mattison

“*A woman’s life has already been teaching her. WAIT™ helps her recognize the wisdom within that experience and choose what she will carry forward with intention.*”

Today’s women are leading through complexity — in their careers, families, communities, and within themselves.

In the midst of it all, an important question can emerge: “*What do I want now?*”

WAIT™ serves accomplished women ready to express more of their knowledge, capacity, creativity, or purpose.

Each participant brings one real matter into the experience and learns to recognize patterns, harvest wisdom, and choose what comes next.

Women move through this journey together because clarity deepens in community.

Leonie H. Mattison

Dr. Leonie H. Mattison, EdD, MBA

Founder and CEO

The Thread Movement and The Thread Institute

Creator of The T.H.R.E.A.D. System™





WOMEN ACHIEVE
INTENTIONAL
TRANSFORMATION



Program Invitation

Is This Your Moment?

You may recognize yourself here:



01.



You have accomplished a great deal—and sense that more of you is waiting to be expressed.

02.



Your life has changed, and your plans are ready to catch up.

03.



Your days are full, and you want to move with greater intention.

04.



A transition, decision, opportunity, or question keeps asking for your attention.

05.



Familiar patterns are shaping new choices.

06.



You are ready to choose where you are going next.



If you recognize yourself here,
WAIT™ begins there.

“

“Throughout the program, I felt seen, heard, understood, and supported. I know better how to set an intention for the outcome I want in any situation. Now, I am working on my poetry book.”

”

— Brenda Vargas, Teacher

DISCOVER WAIT™ >



One Real Matter. One Living Thread.

WAIT™ is a learning and mentoring experience for women ready to understand the patterns shaping their lives and leadership and make intentional choices about what comes next.

Each participant begins with one matter that matters now, and that matter becomes the living thread she carries through the experience.

She examines:

- ✿ what is happening;
- ✿ what her experience has taught her;
- ✿ which patterns continue to shape her response;
- ✿ who and what can widen her perspective;
- ✿ what she is ready to practice;
- ✿ what she wants to carry forward.



Visible loss and invisible becoming often arrive together.

Roles, titles, relationships, or seasons may change, and in the midst of letting go, new possibility is taking form. WAIT™ creates space to make sense of what's shifting and to move forward with clarity, courage, and intention.

[JOIN THE NEXT COHORT >](#)



WOMEN ACHIEVE INTENTIONAL TRANSFORMATION



“

“By the end of the program, I established personal and professional goals, expanded and upleveled my network, and leaned into the transformed woman I am becoming.”

— CLARISSA DOGGETT
SENIOR DIRECTOR OF OPERATIONS



The T.H.R.E.A.D. System™

Six Practices for Intentional Transformation



The T.H.R.E.A.D. System™ gives participants six repeatable ways to examine how they see, choose, relate, and act.



Think Deeply

Examine the question beneath the event and the assumptions shaping your response.



Harvest Wisdom

Recover the knowledge, strengths, and capabilities your experience has produced.



Release Patterns

Discern which beliefs, habits, and responses remain useful and which are ready to change.



Enlist Allies

Engage the people, perspectives, relationships, and resources that expand what you can see.



Adopt Change

Translate insight into a deliberate action and learn from what happens.



Design Wholeness

Bring values, relationships, responsibilities, resources, and aspirations into greater alignment.

“*Like quilting, the work is to stitch distinct pieces into a more coherent whole—one strong enough to hold what comes next.*”



“I love the T.H.R.E.A.D. framework and how you present it in such a clear, actionable way.”

— Helen Lei





The Learning Journey

From Experience to Wisdom, Choice & Possibility.



The WAIT™ journey begins with Foundations and continues through twelve applied modules, with one real matter connecting every stage of learning, reflection, practice and progress.



1

FOUNDATIONS

Learning to See

Participants are introduced to the T.H.R.E.A.D. System™, name the matter they will carry, and begin the entry reflection.



2

MOVEMENT ONE

Inward and Backward

Participants examine what is present, look beneath first explanations, and recover what experience has already taught.



3

MOVEMENT TWO

Downward and Outward

Participants explore patterns influencing the matter and engage allies who widen perspective and possibility.



4

MOVEMENT THREE

Upward and Forward

Participants translate insight into action, test new choices, and design a coherent way forward.



*One Matter. A Clearer You.
A Brighter What's Next.*





The Twelve Modules

The Full WAIT™ Curriculum.

WISDOM. CHOICE. POSSIBILITY. A BRIGHTER YOU.
THE JOURNEY CONTINUES HERE.

01

Lay Out the Pieces

See the matter clearly.

02

Think Deeply

Examine assumptions and expectations.

03

Harvest Wisdom

Recover the learning your experience has produced.

04

Turn the Quilt Over I

Step back and see the emerging pattern.

05

Release Patterns

Discern what remains useful and what is ready to change.

06

Enlist Allies

Widen the field through relationships and resources.

07

Turn the Quilt Over II

Recognize what has moved and what new possibilities have opened.

08

Name What Has Shifted

Mark the change in how you perceive, respond, decide, relate, and act.

09

Adopt Change

Take one deliberate step and examine the evidence it produces.

10

Design Wholeness

Bring the important pieces of life and leadership into relationship.

11

Turn the Quilt Over III

See the journey as a whole.

12

Carry the Pattern Forward

Build a T.H.R.E.A.D. Roadmap for the chapter ahead.



“By the end of the program, I landed a new job, started my business, and adopted new standards for myself.”

— VANESSA RAMOS
CEO, HEALING HEART PROJECT



[VIEW THE NEXT SESSION >](#)

WHAT PARTICIPANTS GAIN

A Learning Experience Designed to Travel With You

WAIT™ combines reflection with application. Participants use one real matter to build capabilities they can carry into future decisions, relationships, opportunities, and leadership settings.

By the end of the experience, participants will be able to:

-  Distinguish circumstances from assumptions and interpretation
-  Recognize the patterns influencing perception and response
-  Translate lived experience into transferable wisdom
-  Decide what to retain, interrupt, strengthen, or release
-  Engage people and resources that widen understanding
-  Test intentional choices in real situations
-  Integrate learning into a practical roadmap

Participants Create

- | | |
|--|--|
|  Thread Response Reflections |  A Practice Experiment |
|  A Matter Map |  A Wholeness Design |
|  A Wisdom Map |  A WAIT™ Learning Portfolio |
|  Three Quilt Turns |  A T.H.R.E.A.D. Roadmap |
|  A Pattern Decision Matrix |  A Next-Stitch Commitment |
|  An Allies Constellation | |

 Successful participants receive documentation of completion for their selected pathway.





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Wisdom.
Choice.
Possibility.

Choose Your WAIT™ Pathway.

SAME MISSION. DIFFERENT PATHS. A BRIGHTER TOMORROW.



Individual Self-Paced

\$495

A flexible pathway for women who want to move independently through the foundational learning and six T.H.R.E.A.D. practices.

INCLUDES:

- Guided learning activities
- Readings and multimedia resources
- Reflection and practice exercises
- WAIT™ workbook and learning tools
- WAIT™ Learning Portfolio
- Transformation Roadmap

CHOOSE SELF-PACED >



Facilitated Cohort

Customizable

The complete twelve-module learning and mentoring experience delivered within a facilitated community of women.

INCLUDES:

- Foundations and twelve modules
- Approximately 25 facilitated learning hours
- Live learning sessions
- Cohort-based mentoring
- Three Quilt Turn integrations
- Applied practice activities
- Progress check-ins
- WAIT™ Learning Portfolio
- T.H.R.E.A.D. Roadmap
- Participant community
- Completion documentation

Choose a 6-week intensive, 12-week sequence, or 24-week extended experience.

JOIN THE NEXT COHORT >



Teams and Organizations

Custom Engagement

Private WAIT™ cohorts support organizations investing in women's leadership, talent, and culture.

AVAILABLE FORMATS:

- Live online
- Hybrid
- HyFlex
- On-campus
- Organization-based
- Community-based

BRING WAIT™ TO YOUR
ORGANIZATION >

Invest in Her. Multiply Possibility.





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Invitation and Contact

Who WAIT™ Serves

- Executives and emerging leaders
- Educators and public servants
- Healthcare and nonprofit professionals
- Entrepreneurs and founders
- Students and women returning to education
- Caregivers and veterans
- Women returning to work
- Women navigating transition, reinvention, or new opportunity

What You Will Carry Forward

- Greater clarity about the matter you brought
- Stronger language for what experience has taught you
- A deeper understanding of the patterns shaping your choices
- Expanded relationships and sources of support
- Evidence from a real-world practice experiment
- A portfolio of applied learning
- A roadmap for what comes next
- A repeatable way to pause, look again, and choose intentionally

Your Next Chapter May Already Be Taking Shape

Bring the matter that matters now.
Bring what you have lived.
Bring the possibility asking for your attention.

WAIT™ gives you a structured way to see the pattern,
harvest the wisdom, and choose what moves forward.

CHECK OUT THE NEXT SESSION >

JOIN THE NEXT COHORT >

SPONSOR A WOMAN OR COHORT >

BRING WAIT™ TO YOUR
ORGANIZATION >

*Wisdom.
Choice.
Possibility.
Together.*

✉ leoniemattison@thethreadllc.com

*WAIT™ is an educational and leadership-development experience.
The Thread Movement is fiscally sponsored by the Santa Barbara Foundation.*