

We Believe in The Threshold

The Manifesto Behind The Knobs

We believe adolescence is not a phase to survive. It is a threshold — one of the most consequential passages a human being will ever cross. The years between childhood and adulthood are not a waiting room. They are alive, formative, and sacred. What happens there matters. Who is present there matters. How we speak into that space matters enormously.

We believe that the people who walk alongside those at the threshold carry a weight that is rarely named and almost never tended. And we believe this matters deeply: you cannot illuminate someone else's threshold from a depleted flame. We believe in the power of self-discovery — that understanding who you are, how you are wired, and why you respond the way you do is not a luxury. It is the work. Because presence that is grounded in self-knowledge becomes intentional. And what is intentional can transform. What is reactive can only survive.

We believe in the parent who loves fiercely and still feels the distance growing. Who needs not a script but a bridge — language, understanding, and the confidence that connection is still possible and worth pursuing.

We believe in the youth-serving professional who carries young people in their thinking long after the day ends. Who deserves a framework for what they already know in their bones.

We believe in the person standing at their own threshold — not quite who they were, not yet who they are becoming — who needs someone to name that the in-between is not a failure of arrival. It is the work itself.

**The threshold is not the obstacle.
It is the invitation.**

— Dr. Lonna Gordon

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