

Soul Digg
With Beth Bryce

The Soulful Third Act©

A Journey from Role to Soul

A 12-Month Women's Mastermind



What if your 50s, 60s, 70s, and beyond aren't about slowing down—but about becoming more fully who you were meant to be? This intimate mastermind is for women ready to reimagine this extraordinary season of life. As familiar roles shift and old definitions of success begin to fall away, we create space to listen more deeply to the wisdom within—to discover what is asking to emerge now.

Join us for a yearlong journey of rediscovery, reimagining, creativity, and purposeful living for women ready to embrace the woman they are still becoming.

Together, we'll explore the inner work of this life passage: releasing identities that no longer fit, making peace with the past, reclaiming creativity and desire, embracing your evolving identity, and listening for your soul's call.



This is a space to ask the questions that matter now:

Who am I becoming?
What wisdom have I gathered—and how am I meant to share it?
What do I want to create, experience, or express in this next season?

Through soulful conversation, reflection, contemplative practices, creative exploration, and the wisdom of the circle, you'll be invited to move beyond society's narratives about aging and into a more expansive understanding of what it means to grow older with vitality, purpose, authenticity, and freedom.

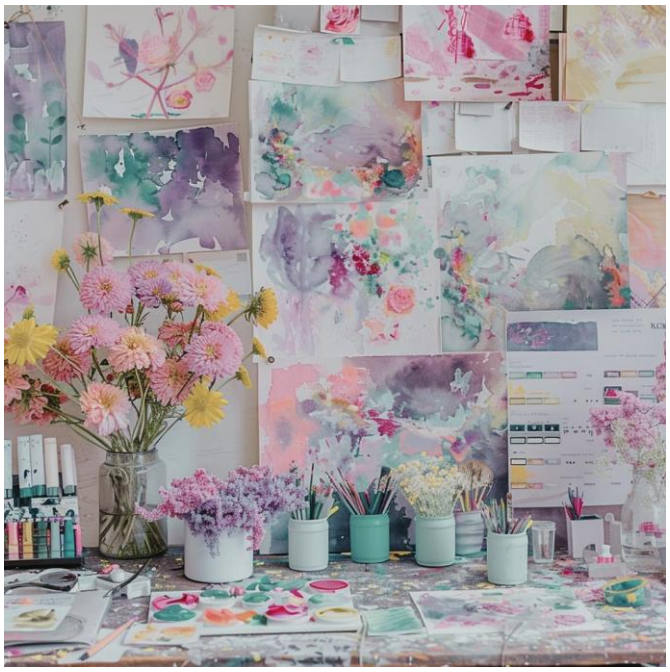
Who this is for:

The Soulful Third Act is for women who are ready to:

- **Embrace this season as an opportunity** for wisdom, freedom, reinvention, and personal growth.
- **Rediscover themselves** beyond the roles and responsibilities that have defined much of their lives.
- **Reconnect with their authentic selves** and listen to the desires, dreams, and inner knowing they may have put aside.
- **Reawaken their creativity** and give themselves permission to explore, experiment, and play.
- **Explore what's next,** whether that means a new creative pursuit, business, adventure, relationship, or deeper sense of purpose.

- **Build meaningful friendships** with like-minded women who understand that life continues to evolve and expand.

- **Reconnect with nature and their intuition** while finding greater grounding, belonging, and inspiration.



What you will experience:

Through soulful conversations, creative exploration, reflective practices, and the power of sisterhood, we'll journey together through **three (3) beautiful pillars: SOUL, ROOTS, CREATION**

- Role to Soul**:** Discovering the wisdom and possibilities of this stage of life.
- Rooted in Your Wisdom**:** Reconnecting with nature, feminine wisdom, belonging, and purpose.
- Unleashing Your Inner Creativity: Reclaiming creativity and curiosity and overcoming your resistance to following what calls you.

Inspired by the works of Connie Zweig, Sharon Blackie, and Julia Cameron, this yearlong experience offers a space to pause, reflect, connect, and intentionally create your next season.



Each month's activities include:

- A focused reading guide with suggested chapters, themes, or passages around our three pillars.
- Three to five discussion questions for the mastermind circle.
- One creative assignment to encourage personal discovery.
- An integration practice to carry the experience into everyday life.
- Recommended reading and musical library.

You're free *to choose* what serves you best!

Between-session practices:

- Soul Journaling: Reflection on identity, desires, dreams, and growth.
- Creative Practice: Make time for painting, writing, photography, movement, or another creative expression.
- Nature Connection: Spend intentional time outside, observing seasonal changes and connecting with place.
- Sisterhood Check-ins: Connect with an accountability partner at least once monthly.
- Inspired Action: Choose one small action each month that moves you toward your desired life.



Monthly Themes:

SEASON ONE: THE AWAKENING

Month 1 — The Threshold: Who Am I Becoming?

Month 2 — Reclaiming the Woman Within

Month 3 — The Inner Elder: Owning Your Wisdom

SEASON TWO: THE ROOTING

Month 4 — Remembering Our Roots

Month 5 — The Wild Woman Within

Month 6 — Belonging: Finding Your People and Your Place

SEASON THREE: THE REAWAKENING

Month 7 — The Artist Within: Permission to Create

Month 8 — Following the Breadcrumbs: Listening to Your Inner Guidance

Month 9 — Courageous Reinvention: Making Room for More

SEASON FOUR: THE EMERGENCE

Month 10 — Purpose Beyond the Roles

Month 11 — Designing Your Next Season

Month 12 — The Emergence: Becoming the Woman You Are Meant to Be



Third Saturday of each month
1:00 – 3:00 PM EST

(Except January kickoff 1/30/27)

Included:

- Access to the Soulful Third Act eCourse on *Thinkific.*
- A beautifully designed companion journal for every woman who joins. This becomes a tangible record of your year.
- Monthly 2-hour “live” virtual mastermind session.
- Connection to other inspiring women on an intimate level.
- Breakouts, Hot Seat spotlight, brainstorming on your progress.
- Create a guided personal portfolio to move forward on your dreams.
- September 2027 Ghost Ranch retreat discount ($200)

Bonus with Beth:

BONUS: Optional Quarterly private coaching sessions ($1,000 value)

You aren’t starting over. You’re starting from wisdom.

This isn't about turning back the clock. It's about bringing all your wisdom, experience, and possibilities into the future.

Ready to begin? To join me, simply complete the following:

Program investment – $2,400*

The $2,400 investment includes the full cost of the 12-month distance e-Course materials, monthly Zoom calls, and quarterly private coaching calls with Beth Bryce.

$600 is due at the time of registration to hold your spot **(This is non-refundable after 1/1/27)**

- Final balance payment is due by 1/15/27 or by arrangement.
- Ask me about a quarterly payment plan and details, if helpful!
- Due to the limited nature of this group, we will not issue refunds due to cancellation. However, you will still have access to the eCourse.
- If you can’t make the ‘live’ calls, they will be recorded for replay.

How to register

- Email Beth for online payment instructions to hold your spot!
- Receive your welcome packet with instructions, Thinkific access, curated journal, and agenda by early January.
- Spots are limited to 6 (min) and 8 (max) ladies, for an intimate circle.
- Contact Beth with any questions.