Project-based work constitutes an increasing part of contemporary working life. Such work entails some specific requirements for workers, who increasingly must deal with uncertainty and ambiguity, create swift trust with new team members, recurrently enter new project, and leave old projects behind. This PhD thesis adopts and develops the conceptual lens of liminality to shed new light on these conditions and requirements of modern working life. The overall idea is to capture two typical characteristics of flexible and project-based work: mobility and structural ambiguity. Based on three qualitative studies, the thesis develops: (1) a framework for understanding different dimensions of liminality at work, (2) a conceptualization of the practices people use to deal with challenges related to liminality, and (3) a framework of what constitutes liminality competence and how such competence can be developed. The empirical focus is mobile project workers and more specifically technical consultants performing their work in client projects.