



SCHOOL OF EMOTIONALLY HEALTHY LEADERSHIP

Fall Semester: EH Relationships for Leaders

COURSE SYLLABUS

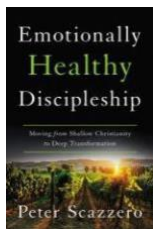
Oct 11 – Dec 6, 2023

SEMESTER REQUIREMENTS:

Before the Course Begins:

- Read *Emotionally Healthy Discipleship* before the Course
- Read *Church Culture Revolution* eBook
- Take the EHS Personal Assessment at emotionallyhealthy.org/mature.

PRE-COURSE READING:



Emotionally Healthy Discipleship by Peter Scazzero

[PURCHASE HERE](#)

(We will also be drawing on the critical material found in *The EH Leader* book during the 8 Sessions)



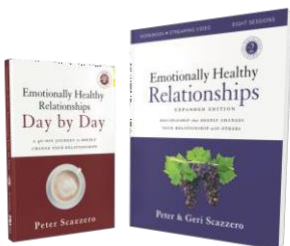
Church Culture Revolution eBook (FREE)

[DOWNLOAD HERE](#)

During the Course:

- Attend all 8 sessions from 1:00 - 3:30 PM EST on Wednesdays.
- Commitment to the Daily Office (silence and devotionals 2x daily).
- Practice the EH Relationship Skills between Sessions.
- Complete weekly pre-readings from the Workbook.
- Meet 1-1 with your Table Leader after Session 3 around your “Genogram” outside of the Course time.

REQUIRED TEXTS:



Emotionally Healthy Relationships Course Workbook
by Peter & Geri Scazzero (**Updated & Expanded edition available**)

Emotionally Healthy Relationships Day by Day:
A 40-Day Journey with the Daily Office


[ORDER HERE](#)

We appreciate if you order from our website as all profits sustain the larger ministry globally.



SCHOOL OF EMOTIONALLY HEALTHY
LEADERSHIP

FALL 2023 SEMESTER

Date	Session	READ  BEFORE the session	READ/PRACTICE AFT the session
Oct 11	<i>Take Your Community Temperature Reading (CTR)</i>	<ul style="list-style-type: none"> • <i>EHR Workbook: Session 1</i> • <i>EH Discipleship: Chapter 1</i> 	<ul style="list-style-type: none"> • <i>Day by Day: Week 7</i> • <i>Practice Skills 2-3x this week</i>
2 Oct 18	<i>Stop Mind Reading and Clarify Expectations</i>	<ul style="list-style-type: none"> • <i>EHR Workbook: Session 2</i> • <i>EH Discipleship: Chapter 7</i> 	<ul style="list-style-type: none"> • <i>Day by Day: Week2</i> • <i>Practice Skills 2-3x this week</i>
3 Oct 25	<i>Genogram Your Family</i>	<ul style="list-style-type: none"> • <i>EHR Workbook: Session 3</i> • <i>EH Discipleship: Chapter 8</i> 	<ul style="list-style-type: none"> • <i>Day by Day: Week 3</i> • <i>Practice Skills 2-3x this week</i> • <i>Set up 1 hour mtg to Review Your Genogram w/ Table Leader</i>
4 Nov 1	<i>Explore the Iceberg</i>	<ul style="list-style-type: none"> • <i>EHR Workbook: Session 4</i> • <i>EH Discipleship: Chapter 6</i> 	<ul style="list-style-type: none"> • <i>Day by Day: Week4</i> • <i>Practice Skills 2-3x this week</i>
5 Nov 8	<i>Incarnational Listening</i>	<ul style="list-style-type: none"> • <i>EHR Workbook: Session 5</i> • <i>EH Discipleship: Chapter 3</i> 	<ul style="list-style-type: none"> • <i>Day by Day: Weeks</i> • <i>Practice Skills 2-3x this week</i>
6 Nov 15	<i>Climb the Ladder of Integrity</i>	<ul style="list-style-type: none"> • <i>EHR Workbook: Session 6</i> • <i>EH Discipleship: Chapter 4</i> 	<ul style="list-style-type: none"> • <i>Day by Day: Week6</i> • <i>Practice Skills 2-3x this week</i>
7 Nov 29	<i>Clean Fighting</i>	<ul style="list-style-type: none"> • <i>EHR Workbook: Session 7</i> • <i>EH Discipleship: Chapter 9</i> 	<ul style="list-style-type: none"> • <i>Day by Day: Week 7</i> • <i>Practice Skills 2-3x this week</i>
8 Dec 6	<i>Develop a "Rule of Life" to Implement Emotionally Healthy Skills</i>	<ul style="list-style-type: none"> • <i>EHR Workbook: Session 8</i> • <i>EH Discipleship: Chapter 5</i> 	<ul style="list-style-type: none"> • <i>Day by Day: Week8</i>



SCHOOL OF EMOTIONALLY HEALTHY LEADERSHIP

A 16-Week Experience to Deeply Transform You and Your Ministry

Each participant at the completion of the Course will:

- 1 Slow down to be with Jesus in silence, stillness, and Scripture.
- 2 Practice Sabbath delight and rhythms.
- 3 Apply genogram theology to their personal formation and leadership, identifying 1-2 significant vulnerabilities/areas of focus.
- 4 Transform the leadership of their team and ministry culture by mastering key EH Relationship Skills (CTR, Stop Mind Reading, Clarify Expectations, Explore the Iceberg, and Speaking; and begin integrating Incarnational Listening, the Ladder of Integrity, and Clean Fighting)
- 5 Be present with themselves, becoming aware of their interior world (i.e., their emotions and thoughts) in order to discern God's will more clearly.
- 6 Take first steps to redefine their "Leadership Scorecard for Success" in order to lead from a deeper, more integrated place in God's love and their unique personhood/calling.
- 7 Lead their team, out of their lived experience, to disciple others who will then disciple others.