



SCHOOL OF EMOTIONALLY HEALTHY LEADERSHIP

Spring Semester: EH Spirituality for Leaders

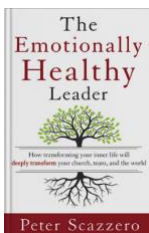
COURSE SYLLABUS

Mar 13 – May 1, 2024

Semester Requirements:

- Attend ALL 8 Sessions from 1:00-3:30 pm
- Do pre-course and weekly readings from the EH Leader & EH Spirituality books.
- Practice the Daily Office (silence and devotionals 2x daily).
- Meet one time with your Table Leader around next steps on your Grief and Loss Chart outside the Course time.

PRE-COURSE READING:



The Emotionally Healthy Leader by Peter Scazzero

[PURCHASE HERE](#)

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



Church Culture Revolution eBook (FREE)

[DOWNLOAD HERE](#)

REQUIRED TEXTS:



Emotionally Healthy Spirituality by Peter Scazzero

Emotionally Healthy Spirituality Course Workbook
by Peter & Geri Scazzero

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

[PURCHASE HERE](#)

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



EMOTIONALLY HEALTHY LEADERSHIP COURSE

for PASTORS and LEADERS
PART 1

 **BEFORE**
the session

AFTER 
the session

Date	Session	 Read EH Spirituality	 Read EHS Day by Day
SESSION 1 MAR 13	The Problem of Emotionally Unhealthy Spirituality <i>(Saul and the False Self)</i>	<ul style="list-style-type: none"> • Intro & Chapter 1 • <i>Church Culture Revolution</i> eBook 	<ul style="list-style-type: none"> • Week 1
SESSION 2 MAR 20	Know Yourself that You May Know God <i>(David and Leading from a True Self)</i>	<ul style="list-style-type: none"> • Chapter 2 	<ul style="list-style-type: none"> • Week 2
SESSION 3 MAR 27	Go Back to Go Forward <i>(Joseph and a Life of Surrender)</i>	<ul style="list-style-type: none"> • Chapter 3 	<ul style="list-style-type: none"> • Week 3
SESSION 4 APR 3	Journey Through the Wall <i>(Abraham and the Dark Night of Leadership)</i>	<ul style="list-style-type: none"> • Chapter 4 	<ul style="list-style-type: none"> • Week 4
SESSION 5 APR 10	Enlarge Your Heart Through Grief and Loss <i>(God's Treasures Found in Loss)</i>	<ul style="list-style-type: none"> • Chapter 5 	<ul style="list-style-type: none"> • Week 5
SESSION 6 APR 17	Discover the Rhythms of the Daily Office and Sabbath <i>(Stopping to Breathe the Air of Eternity)</i>	<ul style="list-style-type: none"> • Chapter 6 	<ul style="list-style-type: none"> • Week 6
SESSION 7 APR 24	Grow into an Emotionally Mature Adult <i>(Loving People as Thou's)</i>	<ul style="list-style-type: none"> • Chapter 7 	<ul style="list-style-type: none"> • Week 7
SESSION 8 MAY 1	Develop a Rule of Life <i>(Recrafting Your Entire Life Around Jesus)</i>	<ul style="list-style-type: none"> • Chapter 8 	<ul style="list-style-type: none"> • Week 8



SCHOOL OF EMOTIONALLY HEALTHY LEADERSHIP

A 2 Semester, 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 Mentor a select group of leaders using "Table Leader Checklist for High Impact" to begin building a deeply transformative discipleship/leadership development culture in your community.
- 7 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.