





Date	Session	READ  BEFORE the session	READ/PRACTICE  AFTER the session
<b>SESSION 1</b> <b>Mar 13</b>	<b>The Problem of Emotionally Unhealthy Spirituality</b> <i>(Saul and the False Self)</i>	<ul style="list-style-type: none"> <li>• <i>EH Spirituality Intro and Chapter 1</i></li> <li>• <i>EH Leader Chapter 1</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Day by Day: Week 1</i></li> </ul>
<b>SESSION 2</b> <b>Mar 20</b>	<b>Know Yourself that You May Know God</b> <i>(David and Leading from a True Self)</i>	<ul style="list-style-type: none"> <li>• <i>EH Spirituality Chapter 2</i></li> <li>• <i>EH Leader Chapter 2 (p.51-70)</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Day by Day: Week 2</i></li> </ul>
<b>SESSION 3</b> <b>Mar 27</b>	<b>Go Back to Go Forward</b> <i>(Joseph and a Life of Surrender)</i>	<ul style="list-style-type: none"> <li>• <i>EH Spirituality Chapter 3</i></li> <li>• <i>EH Leader Chapter 2 (p.70-80)</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Day by Day: Week 3</i></li> </ul>
<b>SESSION 4</b> <b>Apr 3</b>	<b>Journey Through the Wall</b> <i>(Abraham and the Dark Night of Leadership)</i>	<ul style="list-style-type: none"> <li>• <i>EH Spirituality Chapter 4</i></li> <li>• <i>EH Leader Chapter 9</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Day by Day: Week 4</i></li> </ul>
<b>SESSION 5</b> <b>Apr 10</b>	<b>Enlarge Your Heart Through Grief and Loss</b> <i>(God's Treasures Found in Loss)</i>	<ul style="list-style-type: none"> <li>• <i>EH Spirituality Chapter 5</i></li> <li>• <i>EH Leader Chapter 4 (p.115-132)</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Day by Day: Week 5</i></li> </ul>
<b>SESSION 6</b> <b>Apr 17</b>	<b>Discover the Rhythms of the Daily Office and Sabbath</b> <i>(Stopping to Breathe the Air of Eternity)</i>	<ul style="list-style-type: none"> <li>• <i>EH Spirituality Chapter 6</i></li> <li>• <i>EH Leader Chapter 5</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Day by Day: Week 6</i></li> </ul>
<b>SESSION 7</b> <b>Apr 24</b>	<b>Grow into an Emotionally Mature Adult</b> <i>(Loving People as Thou's)</i>	<ul style="list-style-type: none"> <li>• <i>EH Spirituality Chapter 7</i></li> <li>• <i>EH Leader Chapter 7</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Day by Day: Week 7</i></li> </ul>
<b>SESSION 8</b> <b>May 1</b>	<b>Develop a Rule of Life</b> <i>(Recrafting Your Entire Life Around Jesus)</i>	<ul style="list-style-type: none"> <li>• <i>EH Spirituality Chapter 8</i></li> <li>• <i>EH Leader Chapter 4 (p.133-142)</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Day by Day: Week 8</i></li> </ul>



# SCHOOL OF EMOTIONALLY HEALTHY LEADERSHIP

**SPRING SEMESTER:  
EH Spirituality for Leaders**

March 13 - May 1, 2024

**APPLY NOW**

[emotionallyhealthy.org/leadershipschool](https://emotionallyhealthy.org/leadershipschool)

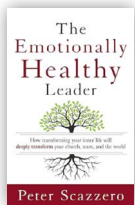
## GENERAL INFORMATION

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### COURSE REQUIREMENTS:

- Attend ALL 8 Sessions from 1:00 - 3:30pm
- Do Pre-Course and weekly readings from the *EH Spirituality* & *EH Leader* 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)

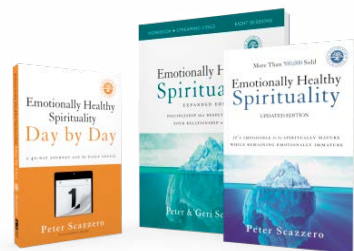


*Church Culture Revolution eBook* (FREE)

[DOWNLOAD HERE](#)

### REQUIRED TEXTS:

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



## 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.