

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.





SCHOOL OF EMOTIONALLY HEALTHY
LEADERSHIP

EH Spirituality for Leaders

**SEMESTER
SYLLABUS**

March 12 – April 30, 2025

Date	Session	READ  BEFORE the session	READ/PRACTICE  AFTER the session
SESSION 1 Mar 12	The Problem of Emotionally Unhealthy Spirituality <i>(Saul and the False Self)</i>	<ul style="list-style-type: none"> • <i>EH Spirituality</i> Intro and Chapter 1 • <i>EH Leader</i> Chapter 1 	<ul style="list-style-type: none"> • <i>Day by Day:</i> Week 1
SESSION 2 Mar 19	Know Yourself that You May Know God <i>(David and Leading from a True Self)</i>	<ul style="list-style-type: none"> • <i>EH Spirituality</i> Chapter 2 • <i>EH Leader</i> Chapter 2 (p.51-70) 	<ul style="list-style-type: none"> • <i>Day by Day:</i> Week 2
SESSION 3 Mar 26	Go Back to Go Forward <i>(Joseph and a Life of Surrender)</i>	<ul style="list-style-type: none"> • <i>EH Spirituality</i> Chapter 3 • <i>EH Leader</i> Chapter 2 (p.70-80) 	<ul style="list-style-type: none"> • <i>Day by Day:</i> Week 3
SESSION 4 Apr 2	Journey Through the Wall <i>(Abraham and the Dark Night of Leadership)</i>	<ul style="list-style-type: none"> • <i>EH Spirituality</i> Chapter 4 • <i>EH Leader</i> Chapter 9 	<ul style="list-style-type: none"> • <i>Day by Day:</i> Week 4
SESSION 5 Apr 9	Enlarge Your Heart Through Grief and Loss <i>(God's Treasures Found in Loss)</i>	<ul style="list-style-type: none"> • <i>EH Spirituality</i> Chapter 5 • <i>EH Leader</i> Chapter 4 (p.115-132) 	<ul style="list-style-type: none"> • <i>Day by Day:</i> Week 5
SESSION 6 Apr 16	Discover the Rhythms of the Daily Office and Sabbath <i>(Stopping to Breathe the Air of Eternity)</i>	<ul style="list-style-type: none"> • <i>EH Spirituality</i> Chapter 6 • <i>EH Leader</i> Chapter 5 	<ul style="list-style-type: none"> • <i>Day by Day:</i> Week 6
SESSION 7 Apr 23	Grow into an Emotionally Mature Adult <i>(Loving People as Thou's)</i>	<ul style="list-style-type: none"> • <i>EH Spirituality</i> Chapter 7 • <i>EH Leader</i> Chapter 7 	<ul style="list-style-type: none"> • <i>Day by Day:</i> Week 7
SESSION 8 Apr 30	Develop a Rule of Life <i>(Recrafting Your Entire Life Around Jesus)</i>	<ul style="list-style-type: none"> • <i>EH Spirituality</i> Chapter 8 • <i>EH Leader</i> Chapter 4 (p.133-142) 	<ul style="list-style-type: none"> • <i>Day by Day:</i> Week 8

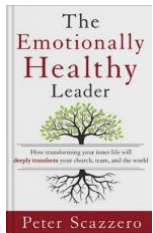


GENERAL INFORMATION

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](#)

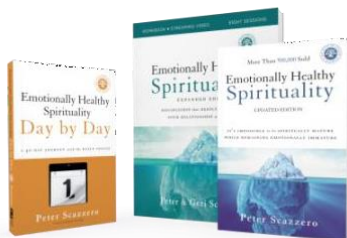
REQUIRED TEXTS

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](#)





SCHOOL OF EMOTIONALLY HEALTHY
LEADERSHIP

EH Relationships for Leaders

**SEMESTER
SYLLABUS**

Oct 15 – Dec 10, 2025

Date	Session	READ  BEFORE the session	READ/PRACTICE  AFTER the session
SESSION 1 Oct 15	<i>Take Your Community Temperature Reading (CTR)</i>	<ul style="list-style-type: none"> • EHR Workbook: Session 1 • EH Discipleship: Chapter 1 	<ul style="list-style-type: none"> • Day by Day: Week 1 • Practice Skills 2-3x this week
SESSION 2 Oct 22	<i>Stop Mind Reading and Clarify Expectations</i>	<ul style="list-style-type: none"> • EHR Workbook: Session 2 • EH Discipleship: Chapter 7 	<ul style="list-style-type: none"> • Day by Day: Week 2 • Practice Skills 2-3x this week
SESSION 3 Oct 29	<i>Genogram Your Family</i>	<ul style="list-style-type: none"> • EHR Workbook: Session 3 • EH Discipleship: Chapter 8 	<ul style="list-style-type: none"> • Day by Day: Week 3 • Practice Skills 2-3x this week • Set up 1 hour mtg to Review Your Genogram w/ Table Leader
SESSION 4 Nov 5	<i>Explore the Iceberg</i>	<ul style="list-style-type: none"> • EHR Workbook: Session 4 • EH Discipleship: Chapter 6 	<ul style="list-style-type: none"> • Day by Day: Week 4 • Practice Skills 2-3x this week
SESSION 5 Nov 12	<i>Incarnational Listening</i>	<ul style="list-style-type: none"> • EHR Workbook: Session 5 • EH Discipleship: Chapter 3 	<ul style="list-style-type: none"> • Day by Day: Week 5 • Practice Skills 2-3x this week
SESSION 6 Nov 19	<i>Climb the Ladder of Integrity</i>	<ul style="list-style-type: none"> • EHR Workbook: Session 6 • EH Discipleship: Chapter 4 	<ul style="list-style-type: none"> • Day by Day: Week 6 • Practice Skills 2-3x this week
SESSION 7 Dec 3	<i>Clean Fighting</i>	<ul style="list-style-type: none"> • EHR Workbook: Session 7 • EH Discipleship: Chapter 9 	<ul style="list-style-type: none"> • Day by Day: Week 7 • Practice Skills 2-3x this week
SESSION 8 Dec 10	<i>Develop a "Rule of Life" to Implement Emotionally Healthy Skills</i>	<ul style="list-style-type: none"> • EHR Workbook: Session 8 • EH Discipleship: Chapter 5 	<ul style="list-style-type: none"> • Day by Day: Week 8



SCHOOL OF EMOTIONALLY HEALTHY LEADERSHIP

Fall Semester: EH Relationships for Leaders

COURSE SYLLABUS

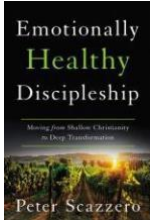
Oct 16 – Dec 11, 2024

GENERAL INFORMATION:

Requirements:

- 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 scheduled session time.
- Take the EHS Personal Assessment at www.emotionallyhealthy.org/mature

PRE- READING:



Emotionally Healthy Discipleship by Peter Scazzero

[PURCHASE HERE](#)

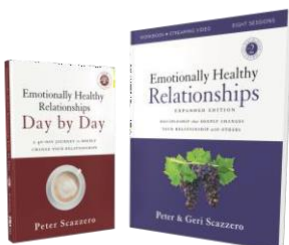
(We will also be drawing on the critical material found in *The EH Leader* book during the 8 Sessions)



Church Culture Revolution eBook (FREE)

[DOWNLOAD HERE](#)

REQUIRED TEXTS:



Emotionally Healthy Relationships 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.