



THE SCHOOL OF EMOTIONALLY HEALTHY LEADERSHIP AOTEAROA

EMOTIONALLY HEALTHY SPIRITUALITY FOR LEADERS
MAY-JUNE 2024

Syllabus

BEFORE THE COURSE

1

PURCHASE THE FOLLOWING REQUIRED TEXTS FROM YOUR PREFERRED RETAILER:

THE EMOTIONALLY HEALTHY LEADER BY PETER SCAZZERO

EMOTIONALLY HEALTHY SPIRITUALITY BY PETER SCAZZERO

EMOTIONALLY HEALTHY SPIRITUALITY COURSE WORKBOOK
(EXPANDED EDITION) BY PETER & GERI SCAZZERO

EMOTIONALLY HEALTHY SPIRITUALITY DAY BY DAY
A 40-DAY JOURNEY WITH THE DAILY OFFICE
BY PETER SCAZZERO

2

READ ALL OF **THE EMOTIONALLY HEALTHY LEADER**
BEFORE THE FIRST SESSION

3

READ **CHURCH CULTURE REVOLUTION EBOOK**
(DOWNLOAD FOR FREE)

4

TAKE THE **EHS PERSONAL ASSESSMENT**



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DURING THE COURSE

- 1** ATTEND ALL 8 SESSIONS

- 2** COMPLETE WEEKLY READINGS FROM THE
EH SPIRITUALITY AND EH LEADER BOOKS

- 3** COMMIT TO THE DAILY OFFICE
(SILENCE AND DEVOTIONALS 2 X DAILY)

- 4** MEET 1-1 WITH YOUR TABLE LEADER AROUND NEXT STEPS ON
YOUR GRIEF AND LOSS CHART OUTSIDE THE COURSE TIME



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| DATE | SESSION | READ BEFORE THE SESSION | READ/PRACTICE AFTER THE SESSION |
|----------------|--|---|------------------------------------|
| 1 8 MAY 2024 | The Problem of Emotionally Unhealthy Spirituality (Saul and the false self) | EH Spirituality: Intro & Chapter 1 EH Leader: Chapter 1 | Day by Day: Week 1 |
| 2 15 MAY 2024 | Know Yourself that You May Know God (David and leading from a true self) | EH Spirituality: Chapter 2 EH Leader: Chapter 2 (p51-70) | Day by Day: Week 2 |
| 3 22 MAY 2024 | Go Back To Go Forward (Joseph and a life of surrender) | EH Spirituality: Chapter 3 EH Leader: Chapter 2 (p70-80) | Day by Day: Week 3 |
| 4 29 MAY 2024 | Journey Through the Wall (Abraham and the dark night of leadership) | EH Spirituality: Chapter 4 EH Leader: Chapter 9 | Day by Day: Week 4 |
| 5 5 JUNE 2024 | Enlarge Your Heart Through Grief and Loss (God's treasures found in loss) | EH Spirituality: Chapter 5 EH Leader: Chapter 4 (p115-132) | Day by Day: Week 5 |
| 6 12 JUNE 2024 | Discover the Rhythms of the Daily Office and Sabbath (Stopping to breathe the air of eternity) | EH Spirituality: Chapter 6 EH Leader: Chapter 5 | Day by Day: Week 6 |
| 7 19 JUNE 2024 | Grow into an Emotionally Mature Adult (Loving people as thou's) | EH Spirituality: Chapter 7 EH Leader: Chapter 7 | Day by Day: Week 7 |
| 8 26 JUNE 2024 | Develop a Rule of Life (Redrafting your entire life around Jesus) | EH Spirituality: Chapter 8 EH Leader: Chapter 4 (p133-142) | Day by Day: Week 8 |



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EACH PARTICIPANT AT THE COMPLETION OF BOTH COURSES 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