



# THE SCHOOL OF EMOTIONALLY HEALTHY LEADERSHIP

*EMOTIONALLY HEALTHY SPIRITUALITY FOR LEADERS*  
*AUSTRALASIA 30 APRIL - 18 JUNE 2026*

## Syllabus

### BEFORE THE COURSE

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- 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

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**1** ATTEND ALL 8 SESSIONS

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

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

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**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	29 APRIL 2025	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 Practice skills: 2-3 x this week
2	6 MAY 2025	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 Practice skills: 2-3 x this week
3	13 MAY 2025	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 Practice skills: 2-3 x this week
4	20 MAY 2025	Journey Through the Wall (Abraham and the dark night of leadership)	EH Spirituality: Chapter 4 EH Leader: Chapter 9	Day by Day: Week 4 Practice skills: 2-3 x this week
5	27 MAY 2025	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 Practice skills: 2-3 x this week
6	3 JUNE 2025	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 Practice skills: 2-3 x this week
7	10 JUNE 2025	Grow into an Emotionally Mature Adult (Loving people as thou's)	EH Spirituality: Chapter 7 EH Leader: Chapter 7	Day by Day: Week 7 Practice skills: 2-3 x this week
8	17 JUNE 2025	Develop a Rule of Life (Recrafting your entire life around Jesus)	EH Spirituality: Chapter 8 EH Leader: Chapter 4 (p133-142)	Day by Day: Week 8 Practice skills: 2-3 x this week



# THE SCHOOL OF EMOTIONALLY HEALTHY LEADERSHIP

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