

Dear Church Leader

Invitation to participate in The School of Emotionally Healthy Leadership | Spring Semester | Online course

This letter is an invitation for you to consider joining an intensive spiritual formation experience called ***The School of Emotionally Healthy Leadership***. It's based on the *Emotionally Healthy Spirituality* book by Pete Scazzero and is online via Zoom for 8 weeks. There will be a mixture of live input from myself, from Drew Hyun (new President of Emotionally Healthy Discipleship) and from Pete Scazzero himself via video. There will be group discussion breakout groups ("tables") led by a trained "Table Leader" and there will be time alone as well. In addition, there will be some reading between sessions.

[APPLY HERE](#)

WHAT ARE THE COURSE COMMITMENTS/REQUIREMENTS?

- Attend ALL 8 Sessions from 1:00–3:30 pm on Wednesday's via Zoom as follows:

Wednesday April 22nd - May 20th, 1.00 – 3.30pm (Sessions 1 - 5)

NB There is NO meeting on 27th May for UK half term.

Wednesday June 3rd - June 17th, 1.00 – 3.30pm (Sessions 6 - 8)

- Do weekly readings of assigned chapters from the *Emotionally Healthy Spirituality* book.
- Practice the Daily Office (silence/devotionals 2x daily) from *EHS Day by Day*.
- Commitment to meet with your Table Leader for a one hour coaching session, after Session 5.

Pete Scazzero writes about the course "Since we cannot give what we do not possess, the focus of this Course will be primarily on your inner life in Jesus."

SESSION TOPICS:

1. The Problem of Emotionally Unhealthy Spirituality (*Saul & the False Self*)
2. Know Yourself that You May Know God (*David & Leading from a True Self*)
3. Go Back to Go Forward (*Joseph and a Life of Surrender*)
4. Journey Through the Wall (*Abraham and the Dark Night of Leadership*)
5. Enlarge Your Heart through Grief & Loss (*God's Treasures Found in Loss*)
6. Discover the Rhythms of the Daily Office and Sabbath (*A Deep Dive into Sabbath Delight*)
7. Grow into An Emotionally Mature Adult (*Loving People as 'Thou's' not 'It's'*)
8. Develop a Rule of Life (*Recrafting Your Entire Life around Jesus*)

I will be running the course in partnership with The Diocese of Guildford and Emotionally Healthy Discipleship, an international ministry dedicated to transforming church culture through the multiplication of deeply changed

leaders and disciples. To this end they equip church leaders to lead out of their inner life with Christ and to raise up mature disciples in their church, community and the world.

I believe that spiritual and emotional health are the foundations of being able to lead well. What we do matters, but who we are matters more. To lead effectively there has to be integrity between our inner and outer life. In other words, our *doing for God* should flow from our *being with God*.

If you are not already familiar with Emotionally Healthy Discipleship, it would help you to browse their website here - <https://www.emotionallyhealthy.org/> and to listen to one or two of Pete Scazzero's podcasts here (also available on all the usual platforms) - <https://www.emotionallyhealthy.org/podcast/>

PRE-COURSE READING

- *The Emotionally Healthy Leader* (Zondervan) before the Course begins.
- *Church Culture Revolution eBook* (FREE) DOWNLOAD HERE -
<https://www.emotionallyhealthy.org/churchculture/>

YOUR NEXT STEP:

Pray. Ask God if this is right for you. Contact me for more info or questions at danny.wignall@cofeguildford.org.uk and [APPLY HERE](#)

COST:

Course fee: £150 Per Person; £250 per couple.

All funds go toward sustaining and extending EH Discipleship globally.

MATERIALS:

You will need access to the following books. NB All of the books are available on Kindle

The Emotionally Healthy Leader book

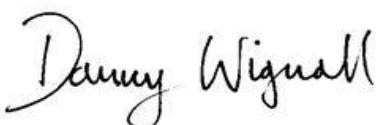
Emotionally Healthy Spirituality book

Emotionally Healthy Spirituality Workbook (new edition published in 2021)

Emotionally Healthy Spirituality Day by Day book

Although the commitment is high, this is an investment in your spiritual and emotional life and will ultimately benefit those that you serve and lead. I and many others have found the personal and leadership benefits to be transformational.

Blessings



Danny Wignall (Rev'd)

UK and Europe Coordinator and EHD Trainer



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