



**SCHOOL OF EMOTIONALLY HEALTHY
LEADERSHIP**
EH Spirituality for Leaders
UK and Europe Satellite

**SEMESTER
SYLLABUS**

Wed. 22nd April – 17th June 2026
1.00 – 3.30pm Online
No Session on 27th May

Date	Session	READ  BEFORE the session	READ/PRACTICE  AFTER the session
SESSION 1 APR 22	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 MAY 29	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 MAY 6	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 MAY 13	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 MAY 20	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 JUN 3	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 JUN 10	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 JUN 17	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



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NB There is no session on 27th May to avoid half term in the UK.

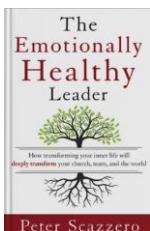
SPRING 2026 SEMESTER

[**APPLY HERE**](#)

SEMESTER REQUIREMENTS:

- Attend ALL 8 Sessions from 1:00-3:30 pm GMT
- Do pre-course and weekly readings from the EH Leader & EH Spirituality 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:



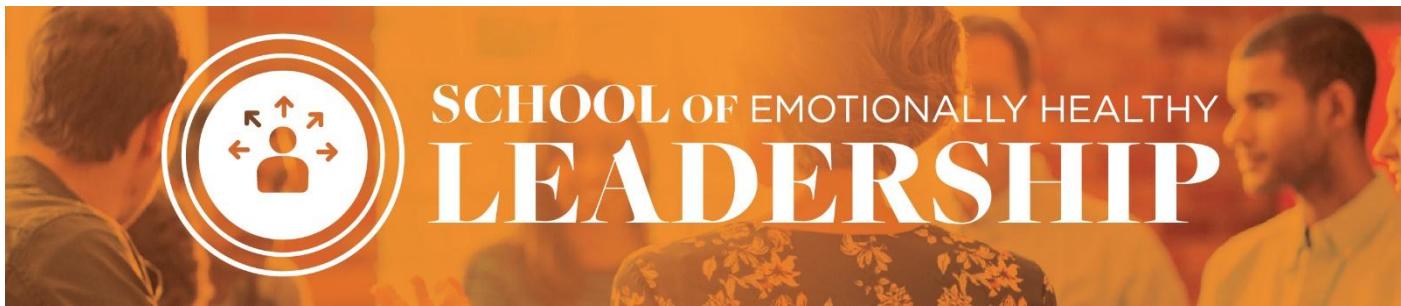
Emotionally Healthy Spirituality by Peter Scazzero

Emotionally Healthy Spirituality Course Workbook (Expanded Edition)

Emotionally Healthy Spirituality Day by Day: A 40-Day Journey with the Daily Office
by Peter & Geri Scazzero

[PURCHASE HERE](#)

NB Orders of 10 or more copies attract a 35% discount if ordered from Harper Collins direct.



A 2 Semester, 16 Week Experience to Deeply Transform You and Your Ministry

At the completion of the School of EH Leadership, you will be equipped:

1: to lead others out of a deeper inner life with Jesus by:

- ✓ Slowing down for rhythms to be with Him in silence, Scripture, and Sabbath delight.
- ✓ Applying genogram theology to your personal formation and leadership.
- ✓ Mastering key EH Relationship Skills.
- ✓ Being more present with yourself, and God in you, to discern God's will more clearly.

2: to utilize EH Discipleship, Pt. 1 (EH Spirituality) and EH Discipleship, Pt. 2 (EH Relationships) for your ministry to build high-impact leaders and create a disciplemaking culture.

3: to take your next step for mentoring, networking, and resourcing through the community of "Emotionally Healthy Culture Churches."