





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 Intro and Chapter 1</i> • <i>EH Leader Chapter 1</i> 	<ul style="list-style-type: none"> • <i>Day by Day: Week 1</i>
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 Chapter 2</i> • <i>EH Leader Chapter 2 (p.51-70)</i> 	<ul style="list-style-type: none"> • <i>Day by Day: Week 2</i>
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 Chapter 3</i> • <i>EH Leader Chapter 2 (p.70-80)</i> 	<ul style="list-style-type: none"> • <i>Day by Day: Week 3</i>
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 Chapter 4</i> • <i>EH Leader Chapter 9</i> 	<ul style="list-style-type: none"> • <i>Day by Day: Week 4</i>
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 Chapter 5</i> • <i>EH Leader Chapter 4 (p.115-132)</i> 	<ul style="list-style-type: none"> • <i>Day by Day: Week 5</i>
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 Chapter 6</i> • <i>EH Leader Chapter 5</i> 	<ul style="list-style-type: none"> • <i>Day by Day: Week 6</i>
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 Chapter 7</i> • <i>EH Leader Chapter 7</i> 	<ul style="list-style-type: none"> • <i>Day by Day: Week 7</i>
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 Chapter 8</i> • <i>EH Leader Chapter 4 (p.133-142)</i> 	<ul style="list-style-type: none"> • <i>Day by Day: Week 8</i>



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to avoid half term in the UK.

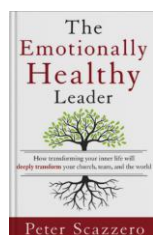
SPRING 2026 SEMESTER

[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](#)

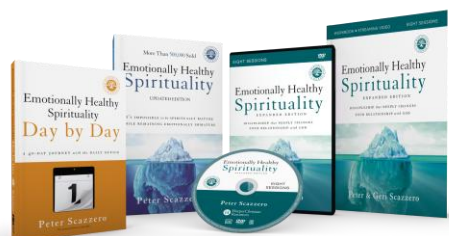
(We will be drawing on the critical material found in
The EH Leader book during the 8 Sessions)



Church Culture Revolution eBook (FREE)

[DOWNLOAD HERE](#)

REQUIRED TEXTS:



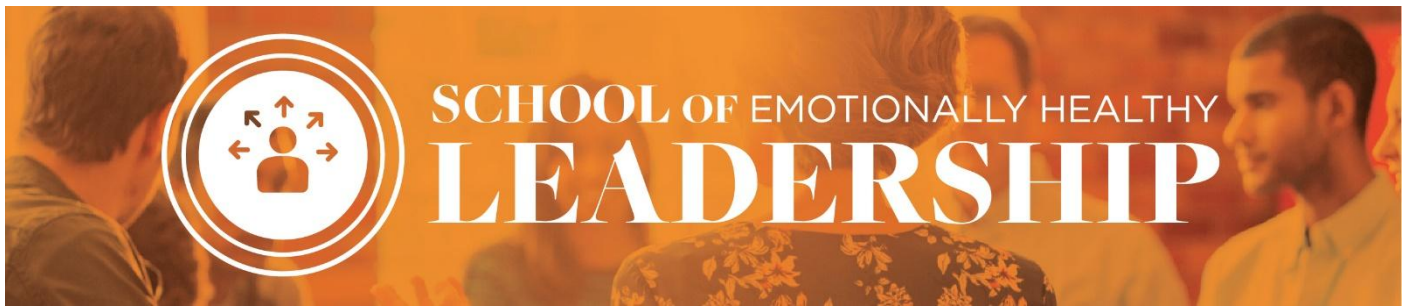
Emotionally Healthy Spirituality by Peter Scazzero

*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."