

**Leadership Training Academy**  
**Module #3 – Emotionally Healthy Leadership**  
**Dr. Joel Smith – Facilitator**  
**Syllabus**

This course is intended to help you understand what it takes to be an emotionally healthy leader and provide tools that will assist you in that process. The following work should be completed:

1. Gather with the other leadership trainees in your church monthly to view and discuss a 30-minute video segment of various aspects of emotionally healthy leadership. You will be provided with exercises that will be completed as you view the video lessons.
  - Month #1 – “The Keeper of the Spring”
  - Month #2 – “Building a Trellis for Your Soul”
  - Month #3 – “Integration”
2. Purchase and read *The Emotionally Healthy Leader* by Pete Scazzero
3. Continue your plan for reading through the Bible in a year.
4. Meet monthly with your mentor as assigned for dialog, counsel, and accountability.

*Bio of Facilitator: Dr. Joel Smith has been in Alliance ministry since 1991 and is the founding and lead pastor at Daybreak Church of the C&MA in Mechanicsburg, PA. He holds a bachelor’s degree from Messiah College, as well as M. Div. and D. Min. degrees from Alliance Theological Seminary. Joel is well studied in the area of emotionally healthy spirituality.*