



Emotional Intelligence for Kingdom Leaders: A Primer and 30 Day Journal

Brian J Bennett

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As a kingdom leader in the home, work-place or church, our emotional health and intelligence is either empowering our lives or holding us back. For many of us we find our interior life cannot handle the weight of our exterior responsibilities, stress and challenges. Relationships, deadlines and uncertainty can make us feel like we will crack under the pressure. Others of us feel stuck in our jobs and relationships, confused why we aren't moving forward. Something seems to be missing as we follow Jesus each day. Opening up our interior life to Him is a powerful shift that invites transformation at the depth of our being. Inside these covers is a primer that introduces the reader to the core concepts of emotional intelligence and a 30 day journal for growing in awareness and understanding. This book is an invitation to go on a journey of self-reflection and introspection with God and to hold our emotional life open before Him. As we do, we let Him guide us into a fuller application of the freedom found in the gospel. The result are parents, spouses, co-workers and leaders who are more authentic, congruent and empowered to live out the calling God has laid on their lives in a way that faithfully reflects Him in the process. Come along for the journey.

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