

“Building Emotional Intelligence” Leaders Council Retreat

Overall Objective and Instructions

As Teaching Director, you and your Servants Team are constantly in touch with the needs and issues affecting the lives of your leaders. The objective of a local class retreat is to provide a day of rest and encouragement and to bond leaders while challenging them with spiritual truth. Ask God to give you insight into what retreat topic(s) would be most beneficial at this time for your Leaders Council. Retreats are most successful when personalized for each individual class.

This packet of materials, “Building Emotional Intelligence”, is designed to provide a complete set of notes, activities, illustrations and challenges. However, as a Servants you are at liberty to modify it to fit the timeframe available, to meet the needs of your leaders and to best engage them with a combination of listening and activity. The appendix provides both illustrations and activities to be used as part of the retreat with the understanding that you may use some or all and adjust others as you see fit. Feel free to insert your own illustrations and modify the activities to best suit your Leaders Council.

Aim

“Building Emotional Intelligence” is a one or two-day retreat that gives CBS leaders an opportunity to rethink how God uses them in the lives of those they shepherd and how they can do the best job of interacting well.

Synopsis

This retreat is designed to enable your leaders to look closely at their own lives and how God has equipped them and wants to develop them to be aware of their own emotions and reactions as well as the emotions and responses of others.

By examining the concept of Emotional Intelligence (EQ) all leaders can recognize their strengths and weaknesses and apply the truth of Scripture in their relationships both inside and outside Community Bible Study.

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This resource was created by Kristine MacDermott, CBS Director of Leadership Training. Should you have questions about the use of the retreat packet or a desire to discuss your retreat further, she is happy to take your call at 704-968-4797. You may also reach her by email at [kristine.macdermott@communitybiblestudy.org](mailto:kristine.macdermott@communitybiblestudy.org).