

Curriculum Vitae
Pr Moïra MIKOLAJCZAK,
41 years old.

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Bibliometric indexes at last update:

Google Scholar: > 10.000 citations; h-index = 48

PERSONNAL INFORMATION

Office address

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Home Address

Rue du Chênois 41
 1367 Grand-Rosière (Belgium)

Date of birth: 23rd of March 1979

Place of birth: Brussels, Belgium

Nationality: Belgian

Languages spoken fluently: French, English

EDUCATION AND DEGREES

- 2002-2006** Ph.D. at the Université catholique de Louvain (UCLouvain, Louvain-la-Neuve). Title: “The moderating effect of Emotional Intelligence on psychological and neuroendocrine responses to stress” (Director: Pr. Olivier Luminet). *Summa cum laude*
- 2002-2004** DEA & Doctoral School at UCLouvain, Belgium
- 1997-2002** Undergraduate degree in Psychology at UCLouvain, Belgium. *Summa cum laude*
 Specialization: Clinical psychology
 Optional subject: Organizational Psychology.

SCIENTIFIC STAYS ABROAD

- Jan-Sept 2007** Stanford University, USA (Pr. J.J. Gross)
- May-Aug. 2005** University of London, United Kingdom (Pr. K.V. Petrides)

PROFESSIONAL ACTIVITIES

- 2018-** Associate Professor (UCLouvain, Belgium)
- 2010-2017** Assistant Professor (UCLouvain, Belgium)

- 2006-2009** Post-doctoral Researcher at the Belgian National Fund for Scientific Research (FNRS-FRS)
- 2007** Post-doctoral Fellow at Stanford University, USA (Psychophysiology Laboratory, Pr. J. Gross)
- 2005** Visiting Ph.D. student at the University of London (Institute of Education, Pr. K.V. Petrides)
- 2002-2006** Ph.D. Student in the Research Unit for Emotion, Cognition and Health (ECSA) at UCLouvain.

AWARDS and MARKS OF RECOGNITION

2019: Member of the National Committee of Psychological Sciences of the *Royal Academies for Science and the Arts in Belgium*.

2019: Article nominated for the “Article of the Year” by Child abuse and Neglect: Mikolajczak, M., Brianda, ME, Avalosse, H. & Roskam, I. (2018). Consequences of parental burnout: its specific effect on child neglect and violence. *Child Abuse and Neglect*, 80, 134-145.

2017: Award of the Polish Association for Positive Psychology (category: best scientific article), for the paper "Why are people high in emotional intelligence happier? They make the most of their positive emotions" by Dorota Szczygiel and Moïra Mikolajczak.

2012: Laureate of the B.A.E.F. (Belgian-American Education Foundation) Alumni Award (€5000).

GRANTS (in addition to the grants obtained by my Ph.D. students)

- 2019** ARC Research grant for an interdisciplinary project (Psychology – Public Health – History) on the paradoxical effect of pressures on parents (600.000 EUR, with Profs Isabelle Roskam, Alexandre Heeren, Isabelle Aujoulat and Aurore François).
- 2018** Research grant for a joint project with the University of Grenoble-Alpes (75.000 EUR) on the treatment of parental burnout (with Pr Rebecca Shankland from Grenoble and Pr Isabelle Roskam from UCLouvain)
- 2016** Research grant “Special Research Funds” (FRS) from the Catholic University of Louvain (92.213 EUR) for a project on the antecedents and consequences of parental burnout (with Pr Isabelle Roskam)
- 2012** Research grant from the Belgian National Fund for Scientific Research for a research project (FNRS-PDR) on the dark side of oxytocin (170.000 EUR) (with Pr Olivier Luminet)
- 2011** Research grant “Special Research Funds” (FSR) from the Catholic University of Louvain (80.162 EUR) on the psychological treatment of migraines.
- 2008** Research grant from the Région Wallonne for a project “First Spin-off” on the evaluation and treatment of chronic stress (220.000 EUR) (with Pr Jacques Grégoire)
- 2006** Research grant from the Belgian National Fund for Scientific Research for a research project on the interactive effects of context and prefrontal EEG asymmetry on emotional regulation processes and outcomes (15.000 EUR)

2006	Travel grant from the Belgian National Fund for Scientific Research (FNRS) (3500 EUR participation in my post-doctoral stay at Stanford University)
2006	Special Research Fund (FRS) from the University of Louvain (2500 EUR participation in funding my post-doctoral stay at Stanford University)
2005	Grant from the Belgian French Speaking Government's (funding my scientific stay at the University of London)
2004	Fellowship of the Gallup Organisation for the 2004 Positive Psychology Summit [Washington, USA]

LONG-TERM COLLABORATIONS

With other universities (National and International)

Stanford University, USA (Since 2007: Pr James Gross),
University College London, United Kingdom (Since 2005: Pr. Konstantinos Petrides),
ESADE, Spain (Since 2006 : Pr Jordi Quoidbach),

With University Hospitals

Cliniques Universitaires Saint-Luc, Brussels (Since 2005 : Pr. Ph. de Timary),

With health-related organizations

Mutualité Chrétienne, Brussels (Since 2010: R&D Department: Hervé Avalosse; Health Promotion and Prevention Department: France Gérard, Aline Franssen and Florence Kappala).

Within the Department of Psychology at UCLouvain

Health Psychology (Since 2002 : Pr Luminet),
Social Psychology (Since 2010 : Pr Rimé, Pr Corneille),
Clinical Psychology (Since 2012 : Pr Zech),
Development and Educational Psychology (Since 2015: Pr Roskam),

AFFILIATION TO SOCIETIES AND INSTITUTES

Current Affiliations to Scientific Societies and Institutes

- Royal Academies for Science and the Arts, Belgium.
- Association for Psychological Science (APS) (complimentary membership offered for my contribution to the psychological science).
- European Association for Clinical Psychology and Psychological Treatment (EACLIPT)

Past Affiliations

- International Society for Psychoneuroendocrinology (ISPNE)
- International Society for Research on Emotion (ISRE)
- International Society for the Study of Individual Differences (ISSID)

TEACHINGS

BA and MA Courses

- 2015-** “*Interventions in Health Psychology*” (4 ECTS). Department of Psychology, UCLouvain.
- 2013-** “*General and Medical Psychology*” (3/5 ECTS) (with S. Symann, E. Constant, Ph. De Timary). Department of Medicine, UCLouvain
- 2010-** “*Introduction to Psychology*” (*Psych 101*) (7/14 ECTS) (with, A. Szmalec, N. Vermeulen and D. Samson). Department of Psychology, UCLouvain.
- 2011** “*Interventions in Health Psychology*” (3 ECTS). Department of Psychology, Université Paris Descartes (Paris V).
- 2010-2014** “*Health Psychology*” (3/6 ECTS) (with S. Van den Broucke). Department of Psychology, UCLouvain.
- 2010-2014** “*Emotion Psychology and Psychopathology*” (3/6 ECTS) (with P. Philippot). Department of Psychology, UCLouvain.
- 2010&2015** “Emotional Competence: Theory and Practice” (2 ECTS). Université des Aînés, Louvain-la-Neuve.
- 2008 -2010** “*Organizational Behaviour*” (30h), Louvain School of Management, UCLouvain

Doctoral Courses

- 2016-** “*Burnout: From theory to interventions*” Department of Psychology, UCLouvain (with Pr Isabelle Roskam, Pr Emmanuelle Zech & Pr F. Stinglhamber)
- 2015-** “*Stress et défis de la parentalité*” Department of Psychology, UCLouvain (with Pr Isabelle Roskam)

Continuing and Executive Education

- 2019** *Stress and Burnout* (14h). Académie Burnout, Belgium.
- 2019-** *Therapists’ burnout* (3h). Certificate in Experiential and Person-Focused Psychotherapy, UCLouvain.
- 2014-** “*Emotions et compétences émotionnelles*” (14h). Certificate in Life Coaching, UCLouvain.
- 2013-** “*Les compétences émotionnelles*” (4h). Executive Master in Business Coaching, UCLouvain.

Seminars

- 2015-** Seminar presented in the framework of the course “Concepts, Methods and Interventions” at the Faculty of Public Health, UCLouvain. Topic: *Emotional Competence and health* (3h)
- Jan 2012** Seminar presented as part of the class “Psychiatry”, Faculty of Medicine (Master in Psychiatry), UCLouvain. Topic: *Emotion regulation*” (2h)
- Nov. 2009** Seminar presented as part of the class “Research Methods and Data Collection in Psychology”, (M. Pesenti, I. Roskam & E. Zech), Department of Psychology, UCLouvain. Topic: “*Research Methods in Psychophysiology and Psychoendocrinology*” (2h).
- Sept. 2009** Seminar presented as part of the class “Health psychology”, (O. Luminet, E. Zech, & P. Godin), Department of Psychology, UCLouvain. Topic: “*Biological Pathways Linking Psychological Factors to Health and Disease*” (3h).
- April 2009** Seminar presented as part of the class “Psychiatry”, Faculty of Medicine (Master in Psychiatry), UCLouvain. Topic: *Emotion regulation*” (1h30)
- March 2009** “*Emotional Competence*” module, Executive Master in Business Coaching, Institute for Continuing Education, UCLouvain (2h30).
- March 2009** Seminar presented as part of the class “Advanced Questions in Health Psychology”, (O. Luminet, E. Baruffol, P. Philippot & N. Van Broeck), Department of Psychology, UCLouvain. Topic: *Emotional competencies and health*” (2h)
- Oct. 2008** Seminar presented as part of the class “Health Psychology”, (O. Luminet, E. Zech, & P. Godin), Department of Psychology, UCLouvain. Topic: “*Stress and health*” (2h).
- April 2008** Seminar presented as part of the class “Advanced Questions in Health Psychology”, (O. Luminet, E. Baruffol, P. Philippot & N. Van Broeck), Department of Psychology, UCLouvain. Topic: *Emotion regulation and health*” (2h)
- April 2004** Seminar presented as part of the class “Advanced Questions in Health Psychology”, (O. Luminet, E. Baruffol, P. Philippot & N. Van Broeck), Department of Psychology, UCLouvain. Topic: “*Emotional intelligence and stress*” (3h)
- Nov. 2004** Seminar presented as part of the class “Research Methods in Clinical Psychology” (E. Baruffol & S. Passone) Department of Psychology, UCLouvain. Topic: “*Meta-analysis: Theory and practice*” (3h)
- April 2003** Seminar presented as part of the class “Intervention Methods in Health Psychology” (O. Luminet & E. Baruffol) Department of Psychology, UCLouvain: Topic: “*Emotional intelligence and stress*” (2h)
- Nov. 2003** Seminar presented as part of the class “Research Methods in Clinical Psychology” (E. Baruffol & S. Passone), Department of Psychology, UCLouvain. Topic: “*Meta-analysis: Methodological and statistical considerations*” (3h)

SUPERVISION EXPERIENCE

Ph.D. (9)

- 2019-** Gao-Xian Lin: Paradoxical effects of pressure on parents: A 40-country study (Ph.D. co-supervised with Pr Isabelle Roskam)
- 2019-** Alexandre Marquet: The application of Multi-family therapy to the treatment of parental burnout (Ph.D. co-supervised with Pr Isabelle Roskam)
- 2019-** Laura Gallée: Prévention du burnout parental (Ph.D. co-supervised with Pr Isabelle Roskam)
- 2017-** Maria Elena Brianda: Facteurs de risque, conséquences et prises en charge du burnout parental (Ph.D. co-supervised with Pr Isabelle Roskam)
- 2015-2017** Louise Schinkus: Influence de la détresse des patients diabétiques sur la compliance au traitement (Ph.D. co-supervised with Pr Stephan Van den Broucke)
- 2013-2017** Marie Bayot: Influence de la pleine conscience sur l'empathie: effets et processus impliqués.
- 2011-2017** Marine Jaeken: Développement d'une formation aux compétences relationnelles à destination des étudiants en psychologie (Ph.D. co-supervised with Pr Zech and Pr Verhoofstadt)
- 2011-2016** Anthony Lane: Au-delà du mythe, quelle est l'influence réelle de l'ocytocine? Approche critique des effets affectifs, comportementaux et cognitifs de l'administration intranasale d'ocytocine chez l'humain (Ph.D. co-supervised with Pr. Olivier Luminet)
- 2011-2014** Fanny Weytens: Comparaison de l'effet de l'augmentation des émotions plaisantes et de la diminution des émotions déplaisantes sur l'ajustement psychologique, somatique et social (Ph.D. co-supervised with Pr. Olivier Luminet)

Researchers (4)

- 2016-2017** Jessica Morton: A processual model of compliments.
- 2014-2015** Lydia Lorenzino: The protective impact of emotional competence during pregnancy.
- 2011-2015** Stéphanie Miliche: Evaluation des effets d'une formation aux compétences émotionnelles dans le traitement des migraines
- 2008-2012** Illios Kotsou: "The development of emotional skills in adults" (Research co-supervised with Pr. Jacques Grégoire) (grant "Project First Spin-off" from the Belgian French-speaking government).

Post-docs (2)

- 2018-2019** Dr Marie Bayot (co-supervision with Pr Rebecca Shankland, Université Grenoble-Alpes)
- 2016-2017** Dr Yuki Nozaki (Kyoto University, Japan)
- 2015** Dr Ainize Pena-Sarrionandia (University of the Basque Country, Spain)

Member of Ph.D. supervision committees (21)

- 2020** Camille Mouguiama-Daouda : L'anxiété face au changement climatique (Director : Pr Alexandre Heeren, UCLouvain, Belgium).

- 2020-** Sylvia Snoeck: RTW coaching during and after cancer (Directors: Pr Elke van Hoof and Pr Emmanuelle Zech; Vrij Univesiteit Brussels, Belgium)
- 2019-** Camille Amadiou: The role of brain-gut axis in alcohol dependence (Directors : Pr Nathalie Delzenne, Pr Sophie Leclerc & Pr Philippe de Timary, Department of Medicine, UCLouvain, Belgium).
- 2019-** Margaux Roberti : Evolution du modèle du (bon) parent de 1945 à 2015 (Director : Pr Aurore François, Department of History, UCLouvain, Belgium)
- 2018-2020** Nathan N'Guyen : Une approche multi-cibles du travail émotionnel : vers un modèle intégratif (Director: Pr Florence Stinglhamber, Université catholique de Louvain, Belgium).
- 2017-2019** Morgane Xhonneux: Applications de la Pleine Consciences dans les troubles sexuels masculins (Director: Dr Françoise Adam and Pr Pascal de Sutter, Université catholique de Louvain, Belgium).
- 2016-2020** Pierre Gérard: Antécédents et conséquences du burnout de l'aidant proche (Director: Pr Emmanuelle Zech, Université catholique de Louvain, Belgium).
- 2015-2019** Elise Batselé: Effet des compétences émotionnelles sur la rechute de l'infarctus du myocarde, et investigation des médiateurs biologiques potentiellement responsables de cet effet (Director: Pr Carole Fantini-Hauwel, Université Libre de Bruxelles, Belgium).
- 2014-2018** Vanessa Hanin: Etude de la motivation, des compétences émotionnelles (CE) et de l'engagement des élèves du troisième cycle de l'enseignement primaire (9-12 ans) en FWB, en résolution de problèmes mathématiques (Director: Pr Catherine Van Nieuwenhoven, Université catholique de Louvain, Belgium).
- 2013-** Virginie Di Silverio: Enjeux psychologiques chez les femmes en rémission d'un cancer du sein (Director: Pr Susann Wolff, Université catholique de Louvain, Belgium)
- 2012-** Anne Weisgerber: Régulation des émotions et musique (Director: Pr. N. Vermeulen, Université catholique de Louvain, Belgium)
- 2012-2020** Gaëtan Devos : L'impulsivité chez les personnes dépendantes au jeu (Director : Pr Joël Billieux & Pr. Pierre Maurage, Université catholique de Louvain, Belgium)
- 2012-2016** Claire Prade: L'émotion d'émerveillement (awe) et son influence sur la spiritualité (Director: Pr. V. Saroglou, Université catholique de Louvain, Belgium)
- 2011-2020** François Moors: Les modes interpersonnels du thérapeute et du client en interaction dans la relation thérapeutique: leurs impacts sur l'efficacité thérapeutique (Director: Pr. E. Zech, Université catholique de Louvain, Belgium)
- 2010-** Pascale Vanhoutvinck: "Evaluation et mise au point d'un traitement sexo-thérapeutique cognitivo-comportemental des comportements sexuels compulsifs masculins" (Director: P. De Sutter, Université catholique de Louvain, Belgium)
- 2010-2019** Emilie Moget: La construction de l'identité chez les enfants de mères lesbiennes (Director: Pr Susann Wolff, Université catholique de Louvain, Belgium)
- 2010-2016** David Ogez: Les interventions psychologiques auprès des patients cancéreux: Que peut-on faire au-delà de l'annonce de la mauvaise nouvelle? (Directors: Pr. E. Zech & Pr. Ph. De Timary, Université catholique de Louvain, Belgium)
- 2010-2015** Françoise Adam: "Approche cognitive et comportementale de la sexualité des femmes basée sur la méditation de pleine conscience. Elaboration et évaluation

- d'un auto-traitement pour l'anorgasmie coïtale féminine" (Director: P. De Sutter, Université catholique de Louvain, Belgium)
- 2009-2017** Séverine Ballon: L'expression verbale des émotions sous forme orale et écrite: propriétés et bénéfices respectifs (Directors: B. Rimé & G. Herman, Université catholique de Louvain, Belgium).
- 2009-2012** Véronique Leroy: "La résistance à la tentation dans l'apprentissage" (Director: J. Grégoire, Université catholique de Louvain, Belgium)
- 2007-2013** Sophie Brasseur: "The emotional intelligence of gifted students" (Université Notre Dame de la Paix, Namur, Belgium. Director: J. Grégoire, Université catholique de Louvain, Belgium)
- 2007-2011** Magali Lahaye: "L'influence des compétences émotionnelles sur la qualité de vie et la sévérité de la maladie des enfants asthmatiques" (Directors: N. Van Broeck, University of Leuven, Belgium; O. Luminet, Université catholique de Louvain, Belgium, & E. Bodaert, Cliniques Mont Godinne, Belgium)
- 2006-2010** Delphine Nelis: "Emotional intelligence and academic performance: neuroanatomic correlates and training perspectives" (Director : M. Hansenne ; University of Liège, Belgium).

Member of Ph.D. thesis' or HDR jury (apart from my own Ph.D. students)

- 2020 Tony Guttentag, The Hebrew University of Jerusalem (October 2020)
- 2020 Astrid Lebert-Charron, Université Paris Descartes (October 2020)
- 2020 Nathan N'Guyen, UCLouvain (June 2020)
- 2020 Gaëtan Devos, UCLouvain (May 2020)
- 2020 François Moors, UCLouvain (May 2020)
- 2020 Pierre Gérain, UCLouvain (April 2020)
- 2019 Anne-Sophie Beaudry, Université Lille III (June, 2019)
- 2019 Emilie Moget, UCLouvain (June 2019)
- 2019 Elise Batselé, Université Libre de Bruxelles (June, 2019)
- 2019 Aurélie Gillis, UCLouvain (June 2019)
- 2019 Chantal Kempnaers, Université Libre de Bruxelles (June, 2019)
- 2018 Vanessa Hanin, UCLouvain (October 2018)
- 2017 Johan Lepage, Université de Grenoble-Alpes (December 2017)
- 2016 Rita Seixas, Université du Luxembourg (October, 2016)
- 2016 Laurie Loop, Université catholique de Louvain (September 2016)
- 2016 Claire Prade, Université catholique de Louvain (August 2016)
- 2016 Sarah Le Vigouroux, Université d'Aix-Marseille (June 2016)
- 2015 David Ogez, Université catholique de Louvain (December 2015)
- 2015 Bruno Dauvier (HDR), Université d'Aix-Marseille (December 2015)
- 2015 Françoise Adam, Université catholique de Louvain (September 2015)
- 2014 Karin Chellew Galvez, Universitat de les Iles Balears (February 2014)
- 2013 Sophie Brasseur, Université catholique de Louvain (June 2013)
- 2012 Joanna Blogowska, Université catholique de Louvain (September 2012)
- 2012 Véronique Leroy, Université catholique de Louvain (February 3 2012)
- 2011 Marie Housiaux, Université catholique de Louvain (October 7 2011)
- 2011 Magali Lahaye, Université catholique de Louvain (May 24 2011)
- 2010 Delphine Nelis, Université de Liège (October 11 2010)

Member of DEA's jury (DEA = post-graduate diploma taken before competing a Ph.D.)

- 2008** Jordi Quoidbach: “Episodic future thinking: How does it relate to personality and happiness? (Director : Pr. M. Hansenne ; University of Liège, Belgium)
- 2008** Delphine Nelis : “Intelligence émotionnelle et performance académique: effet d’une formation à l’intelligence émotionnelle ” (Director : Pr. M. Hansenne ; University of Liège, Belgium).

Master’s theses supervision and co-supervision

- 2003-** Supervision of more than 120 completed master’s theses in Psychology, 5 in Psychotherapy, 5 in Business Coaching, 6 in Life Coaching, 1 in Commercial Sciences and 3 in Physical Therapy.

Research internships

- 2002-** Supervision of 19 four-month full time research internships in Belgium and 2 three-month full-time internships in the US

SERVICES TO THE SCIENTIFIC COMMUNITY

1. Organization of Scientific Conferences

Co-organization with Pr Isabelle Roskam (with the administrative support of Dominique Arnould, Dominique Hougardy and Marianne Bourguignon) of the 1st International Conference on Parental Burnout, December 6-7 2019, Louvain-la-Neuve, Belgium.

2. Member of Scientific Committees for Conferences

- ISSID 2019 (Meeting of the International Society for the Study of Individual Differences), Florence, Italy, July 29-31, 2019
- 6th International Congress on Emotional Intelligence, Porto, Portugal, July 19-22 2017.
- 2nd International Conference on Emotional Intelligence, Spain, September 16-18 2009.
- 8th Conference of the Association Française de Psychologie de la Santé (AFPSA), Liège, December 15-17 2014

3. Reviewing

For International Peer-Reviewed Journals (by alphabetical order):

Affective Science; Annals of Behavioral Medicine; Anxiety, Stress and Coping; Biological Psychology; Brain Imaging and Behavior; Clinical Psychology and Psychotherapy; Cognition and Emotion; European Child & Adolescent Psychiatry; European Journal of Personality; European Review of Applied Psychology; European Neuropsychopharmacology; Emotion; Emotion Review; Evolution and Human Behavior; Frontiers in Psychology; International Journal of Behavioural Development; Journal of Affective Disorders; Journal of Anxiety Disorders; Journal of Happiness Studies; Journal of Occupational and Health Psychology; Journal of Personality; Journal of Research in Personality; Journal of Psychosomatic Research; Journal of Supportive Care in Cancer; L’Année Psychologique; Nature (Scientific

Reports); Personality and Individual Differences; Personality and Social Psychology Science; Psycho-Oncology; Psychophysiology; Perspective on Psychological Science; PlosOne; Psychoneuroendocrinology.

For Funding Agencies or Organizations:

- Former member of the SHS-2 commission of the Belgian National Fund for Scientific Research (FNRS)
- National Institute for Health Research (NHS), United Kingdom
- Social Sciences and Humanities Research Council of Canada (SSHRC), Canada
- ANR, France
- Axa Research Fund, France

4. Member of Selection Committee

February 2019: Member of the Selection Committee for the recruitment of an Assistant Professor in General Medicine at the University of UCLouvain, Belgium (Department of Medicine).

Mai 2017: Member of the Selection Committee for the recruitment of an Associate Professor at the University of Grenoble-Alpes, France (Department of Psychology).

SERVICES TO THE DEPARTMENT

- 2019- Member of the “Commission Eco-Responsable” (PSP, UCLouvain)
- 2018-2019 President of the School of Psychology (EPSY, UCLouvain)
- 2018-2019 President of the “Commission de master” (EPSY, UCLouvain)
- 2016-2017 Secretary of the MASTER jury (President: Pr Isabelle Roskam)
- 2015-2017 Secretary of the BAC jury (President: Pr Isabelle Roskam)
- 2015-2019 Member of the “Commission Master”
- 2014-2015 Member of the “Bureau ISPY”
- 2014-2015 Member of the “Commission BAC” and “Commission master”
- 2013-2015 Coordinator of the BAC2 committee
- 2010-2017 Member of the “Commission des relations avec les milieux extérieurs”
- 2009-2011 Member of the “Commission pour une faculté durable”
- 2010-2011 Member of the “Groupe à tâches pour la réforme du master en sciences psychologiques”.

SERVICES TO THE COMMUNITY

Help to the community in the management of the impact of the coronavirus-related lockdown (Projects conducted in collaboration with Pr Isabelle Roskam)

- 2020**
 - Setting of a free hotline to help parents deal with the lockdown situation and prevent parental burnout (recruitment of 42 voluntary psychologists in a few days to help us answer the calls). Hotline active from the 23rd of March to the 30th of June.
 - Communication of tips and advice to parents to prevent parental burnout during the lockdown (communicated via a dedicated website, via online

conferences, via social networks and via the medias: written press, radio broadcasts and TV broadcasts)

- Online training of more than four hundred psychologists in 8 weeks in order to increase the expertise about parental burnout in order to help parents during the lockdown.

Development and validation of diagnostic tool and interventions for parental burnout (Project conducted with Pr Isabelle Roskam and Maria Elena Brianda, with the gracious help of the Mutualité Chrétienne, Brussels, and Moodwalk, Paris)

- 2017** Development of an evidence-based tool to evaluate the presence and severity of parental burnout. Test and automatic feedback freely available online at: <https://www.burnoutparental.com/diagnostic-du-burnout-parental>
- 2017-** Development of an application to facilitate the detection, understanding and prevention of parental burnout (Dr Mood Parents).
- 2017-** Development and validation of evidence-based group interventions for parents in burnout (Brianda, Roskam & Mikolajczak, 2019; Brianda et al., submitted).

Development of an evidence-based tool to evaluate one's emotional competencies (Project conducted with Sophie Brasseur)

- 2013** Development and Validation of the Profile of Emotional Competence. Test and automatic feedback freely available online at: <https://emotional-competence.co/en>

Development of evidence-based interventions to improve emotional competencies in adults (Project conducted with Delphine Nelis, Jordi Quoidbach, Ilios Kotsou and Stéphanie Miliche)

- 2008-** Development and Validation of on-site trainings designed to improve people's level of emotional competence. Successful applications in educational, occupational and health settings (see e.g., Nelis et al., 2011; Kotsou et al., 2011; Pavani et al., under review).

BIBLIOGRAPHY

1. Doctoral dissertation

Mikolajczak, M. (2006). *The moderating effect of emotional intelligence on the psychological and neuroendocrine responses to stress*. Unpublished Doctoral Dissertation, Université catholique de Louvain, Belgium.

2. Books

Mikolajczak, M., Zech, E. & Roskam, I. (Eds) (2020). Le burnout professionnel, parental et de l'aidant : Comprendre, prévenir et intervenir. Bruxelles : De Boeck Supérieur.

Roskam, I. & **Mikolajczak, M.** (Eds.). (2020) Nature and Measurement of Parental Burnout Around the World [Thematic Volume]. New Directions for Child and Adolescent Development, vol. 174. Wiley/ Jossey-Bass: San Francisco, CA.

Brianda, M.E., Roskam, I. & **Mikolajczak, M.** (2019). Comment traiter le burnout parental ? Manuel d'intervention clinique. Bruxelles : De Boeck Supérieur.

Roskam, I. & **Mikolajczak, M.** (Eds.) (2018). Le burnout parental : Comprendre, Diagnostiquer et prendre en charge. Bruxelles : De Boeck Supérieur.

Mikolajczak, M. & Roskam, I. (2017). Le burnout parental : L'éviter et s'en sortir. Paris : Odile Jacob.

Roskam, I. & **Mikolajczak, M.** (Eds) (2015). Stress et défis de la parentalité. Bruxelles : DeBoeck.

Desseilles, M. & **Mikolajczak, M.** (2013). Mieux vivre avec ses émotions. Paris : Odile Jacob.

Mikolajczak, M. (Ed.) (2013). Intervention en psychologie de la santé. Paris : Dunod.

Mikolajczak, M. & Desseilles, M. (Eds) (2012). Traité de régulation des émotions. Bruxelles : DeBoeck.

Mikolajczak, M., Quoidbach, J., Kotsou, I., & Nelis, D (2009). Les compétences émotionnelles. Paris: Dunod

2. Articles

Peer-Reviewed International Journals

Note: Articles as last author are articles that I have co-written and/or directly supervised.

Mikolajczak, M. Gross, J.J. & Roskam, I. (in press). Beyond job burnout: Parental burnout! *Trends in Cognitive Sciences* (invited paper).

Roskam, I., Aguiar, J., Akgun, E., Arikan, G., Artavisa, M., Avalosse, H., ... & Mikolajczak, M. (International Investigation of Parental Burnout Consortium) (in press) Parental burnout around the globe: A 42-country study. *Affective Science*.

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Mikolajczak, M. & Luminet, O. (2008). L'effet modérateur de l'intelligence émotionnelle sur la réponse psychologique et biologique au stress: une synthèse [*the moderating effect of emotional intelligence on psychological and biological responses to stress: a summary*] in E. Loarer, J-L. Mogenet, F. Cuisinier, H. Gottesdiener, P. Mallet, et P. Vrignaud (Eds.), Perspectives Différentielles en Psychologie. Rennes : Presses Universitaires de Rennes.

5. Scientific Communications

a. Oral Presentations at Scientific Meetings (only the communications that I personally gave are listed below)

Mikolajczak, M. (2020, June). Parental Burnout: The Positive Psychology Approach. **Keynote speaker**. Annual Conference of the Polish Society of Positive Psychology 2020. Bydgoszcz, Poland (event cancelled because of the COVID-19 crisis)

Mikolajczak, M. (2019, December). Parental Burnout: Knows and unknowns. **Keynote speaker**. 1st International Conference on Parental Burnout. Louvain-la-Neuve, Belgium.

Mikolajczak, M. (2019, September). Biological markers for parental burnout: The case of hair cortisol. Symposium talk at the Annual conference of the International Society for Psychosomatic Medicine (ICPM) 2019, Florence, Italy.

Mikolajczak, M. (2019, September). Parental Burnout: A condition that needs urgent attention. Symposium talk at the Annual conference of the International Society for Psychosomatic Medicine (ICPM) 2019, Florence, Italy.

Mikolajczak, M. (2019, March). Parental Burnout: A flash Review. **Invited flash talk**. Society of Affective Sciences (SAS) annual conference 2019, Boston, USA.

Mikolajczak, M. (2019, March). Emotionally intelligent emotion regulation. **Invited panel talk**. Society of Affective Sciences (SAS) "emotion regulation" pre-conference 2019, Boston, USA.

Mikolajczak, M. (2017, December). Emotional intelligence and health: relationships, pathways and interventions. **Keynote speaker** at the 3rd Congress of Emotional Education in Navarre, Pamplona, Spain.

Mikolajczak, M. (2017, July). Emotional intelligence and health: relationships, pathways and interventions. **Keynote speaker** at the 6th International Congress on Emotional Intelligence. Porto, Portugal.

Mikolajczak, M. (2017, July). New developments in trait emotional intelligence and physical health. Talk presented at the Annual Conference of the International Society for the Study of Individual Differences (ISSID 2017). Warsaw, Poland.

Mikolajczak, M. (2017, July). De l'intérêt de l'apprentissage des compétences émotionnelles pour les cours de langues. Talk presented at the Conference "Emotissage" organized by the Center of Language Learning. Louvain-la-Neuve, Belgium.

Mikolajczak, M. (2015, May). Emotional intelligence and health: relationships, pathways and interventions. **Keynote speaker** at the Conference on Emotional Intelligence and Well-being. Zaragoza, Spain.

Mikolajczak, M. (2014, November). Emotional competence and health: relationships, pathways and interventions. **Invited talk** presented at the Autumn School on the Assessment of Emotional Intelligence. Ghent, Belgium.

Mikolajczak, M. (2013, July). Emotional Competence and Health. Talk presented at the annual conference of the International Society for the Study of Individual Differences (ISSID 2013), Madrid, Spain.

Mikolajczak, M. (2012, July). Social effects of oxytocin and health-related issues: findings and questions. Talk presented in the symposium: "Social effects of oxytocin and health-related issues" 26th Conference of the European Health Psychology Society, Praha, Czech Republic.

Mikolajczak, M. (2011, July). Improving emotional competence: Conditions and effects on psychological and physical well-being, social relationships and employability. Paper presented at the ISRE conference. Kyoto, Japan.

Mikolajczak, M. (2010, July). *"Integrating ability and trait perspectives in the prediction and management of stress"* **Invited talk in the invited symposium:** "20 years of Emotional Intelligence research: A critical review and future perspectives"! 15th European Conference of Personality, Brno, Czech Republic.

Mikolajczak, M. (2010, July). *"Improving emotional competence: Methods and benefits for health, social relationships and work adjustment"* **Invited talk** in the symposium: "Emotion Regulation". 15th European Conference of Personality, Brno, Czech Republic.

Mikolajczak, M (2010, April). *"How does Emotional competence impact on physical health: Biological pathways"*. In O. Luminet & M. Mikolajczak: Emotional Competence and health. Symposium organized at the Psychology and Health annual conference (P&H 2010), Lunteren, The Netherlands.

Mikolajczak, M (2010, April). *"Emotional Competence and health: Facts and Pathways"*. In M. Mikolajczak & O. Luminet: Emotional Competence and the quality of health, social

relationships and work performance. Symposium organized at the Consortium for European Research on Emotion (CERE 2010), Lille, France.

Mikolajczak, M. Quoidbach, J. & Nelis, D. (2009, July). *Measuring individual differences in emotion regulation: The Emotion Regulation Profile – Revised (ERP-R)*. The Fourth International Forum “Resilience, regulation and quality of life”. Louvain-la-Neuve, Belgium.

Mikolajczak, M., Weytens, F., Dupuis, P. & Nelis, D. (2009, June). *Improving health by increasing emotional competence*. Psychology and Health, Utrecht, The Netherlands.

Mikolajczak, M., Tran, V & Brotheridge, C. (2008, July). *From emotional labor to emotion regulation: Building new bridges*. **Invited talk** in a symposium presented at the Sixth International Conference on Emotions and Worklife: Emonet VI, Fontainebleau, France.

Mikolajczak, M., Roy, E., Luminet, O., & De Timary, P. (2008, May). *The moderating impact of emotional intelligence on free cortisol responses to stress*. **Invited talk** in a symposium presented at the Seventh Conference on Psychology and Health, Lunteren, The Netherlands.

Mikolajczak, M., Roy, E., Luminet, O., & De Timary, P. (2007, October). *Emotional intelligence: an excellent predictor of subjective and cortisol responses to stress*. Paper presented at the Fourth international conference on 'The (Non)Expression of Emotions in Health and Disease, Tilburg, The Netherlands.

Mikolajczak, M., Roy, E., Luminet, O., & De Timary, P. (2007, September). *Emotional intelligence: an excellent predictor of subjective and cortisol responses to stress*. Paper presented at the First International Congress on Emotional Intelligence, Malaga, Spain.

Mikolajczak, M. & Luminet, O. (2006, September). *The moderating effect of emotional intelligence on the psychological and neuroendocrine responses to stress*. Paper presented at the XVII^e Journées Internationales de Psychologie Différentielle, Paris, France.

Quoidbach, J., Nelis, D., Mikolajczak, M., & Hansenne, M. (2007, May). *Development and validation of a typical performance Emotion Regulation Profile (ERP-Q)*. Paper presented at the Annual Meeting of the Belgian Association for Psychological Science, Louvain-la-Neuve, Belgium.

b. Invited Lectures or Seminars by Research labs, companies or hospitals

Mikolajczak, M. Parental Burnout. Invited online lecture by SWPS University, Poland, February 2021.

Mikolajczak, M. Burnout Parental: Comment s'en prémunir? Invited online lecture co-organized by the companies Emoskills (Luxembourg) and Moodwork (Paris), December 2020.

Mikolajczak, M. & Roskam, I. Le burnout parental : Comprendre, prévenir et intervenir. Invited talk. Association Francophone de Psychologie et Psychopathologie de l'Enfant et de l'Adolescent (APPEA, Paris), May 2020.

Mikolajczak, M. & Roskam, I. Prévenir et éviter le burnout parental durant le confinement. Invited public lecture organized by the company Moodwork (Paris), April 2020.

Mikolajczak, M., Roskam, I. & Pirsoul, T. Améliorer le bien-être des enseignants du supérieur : Enjeux et pistes de réflexion. Invited talk. Pôle Louvain Event. Avril, 2019.

Mikolajczak, M. Emotions et compétences émotionnelles en entreprise. Keynote speaker, Forum RH, Nantes, October, 2018.

Mikolajczak, M. Stress et burnout en entreprise : enjeux et solutions. Invited workshop, Forum RH, Nantes, October, 2018.

Mikolajczak, M. & Roskam, I. Parental burnout: nature, prevalence, causes and consequences. Invited talk by the Psychology Department of the KU Leuven, Leuven, June 2018.

Mikolajczak, M. Facteurs de bien-être et de mal-être au travail. Invited talk to the Annual Meeting of the Top 100 Managers of CMI Group. Spa, September 2017.

Mikolajczak, M. & Roskam, I. Le burnout parental : état des lieux des recherches. Invited talk at Infor Santé (Alliance Nationale des Mutualités Chrétiennes), Namur, September 2017.

Mikolajczak, M. « Cinq voies pour mieux gérer son stress et ses émotions ». Invited talk at the annual Conference of the CITES (Centre d'informations, de thérapeutiques et d'études sur le stress), Liège, Octobre 2015.

Mikolajczak, M. « Compétences émotionnelles et santé : mieux vivre avec ses émotions. Invited talk at the University of Aix-Marseille (Laboratoire PSYCLE), July, 2015.

Mikolajczak, M. « Compétences émotionnelles et santé : relations, mécanismes impliqués et interventions. Invited talk at the Hospital Erasme (séminaires du service de Psychologie et de Psychothérapie), May, 2015.

Mikolajczak, M. Emotional competence and health: relationships, pathways and interventions. Invited talk at the Laboratory "Dynamique émotionnelle et pathologies". Université Charles-de-Gaulle (Lille III), France, November, 2015.

Mikolajczak, M. « Compétences émotionnelles et santé : relations, mécanismes impliqués et interventions. Invited talk at the University of Grenoble (LIP), Grenoble, France, October 2014.

Mikolajczak, M. « Improving emotional competence in adulthood: Conditions and effects on mental and physical health, social relationships and employability ». Invited talk at the *University of the Balearic Islands*, Palma de Mallorca, October 2011.

Mikolajczak, M. « Can adults still change? The development of emotional competencies in adulthood ». Inaugural lecture presented at the University of Louvain, Belgium, March 2011.

Mikolajczak, M. « Conditions and effects of improving emotional competence in adulthood ». Invited talk at the University of Geneva, Switzerland, March 2011.

Mikolajczak, M. Compétences émotionnelles et ajustement [Emotional competence and adjustment amidst adversity] Invited talk at the *Laboratoire de Psychologie et de Neurosciences de la Cognition et de l'Affectivité (PSY.NCA)*, University of Rouen, France, June 2010.

Mikolajczak, M. Les compétences émotionnelles [Emotional competence]. Invited talk at the *Association Française de Thérapie Cognitivo-Comportementale (AFTCC)*. AFTCC Annual Meeting, Lille, December 2009.

Mikolajczak, M. Emotional competence, stress and health. Invited talk at the *University of the Balearic Islands*, Palma de Mallorca, November 2009.

Mikolajczak, M. Les compétences émotionnelles : pourquoi s'y intéresser et comment les développer ? [Emotional competencies: Why are they crucial and how can they be trained] Invited talk at the *Department of Neurosciences and Clinical Neurology (LabNIC)*, University Medical Center. Geneva : November 2009.

Mikolajczak, M. Le Burnout du Psychologue : le comprendre, le prévenir et le gérer [Understanding, preventing and managing psychologists' burnout]. Half-day seminar organized for *L'Interface Pratique et Recherche en Psychologie de la Santé* and *L'Association des Psychologues des Institutions Hospitalières*. Louvain-la-Neuve: October 2009.

Mikolajczak, M. Les compétences émotionnelles : applications cliniques [*Emotional competencies : Clinical applications*]. Invited talk at the *Neurological Center William Lennox, Ottignies*, May 2009.

Mikolajczak, M. L'intelligence émotionnelle: pourquoi l'évaluer à l'hôpital, comment la développer? [*Emotional intelligence: why should it be measured, how can it be developed ?*]. Invited talk at the *Hospital Erasme, Brussels*, February 2009.

Mikolajczak, M. L'intelligence émotionnelle et ses applications dans le domaine de la santé [Emotional intelligence and its implications for health]. One-day seminar presented in the framework of *L'Interface Pratique et Recherche en Psychologie de la Santé* and *L'Association des Psychologues des Institutions Hospitalières*. Louvain-la-Neuve: June 2006.

Mikolajczak, M. L'intelligence émotionnelle: applications cliniques [Emotional intelligence: clinical applications]. Invited talk at the *Psychiatric Hospital Sans Souci*, Brussels, October 2006.

Mikolajczak, M. L'intelligence émotionnelle : applications en psychologie de la santé [Emotional intelligence and health psychology]. One-day seminar presented in the framework of *L'Interface Pratique et Recherche en Psychologie de la Santé*. Liège : November 2006.

c. Poster sessions at scientific meetings

First author

Mikolajczak, M., Stinglhamber, F. & Froidbise, S. (2009, August). *Physiological arousal and task performance following explicitly vs implicitly induced emotion regulation*. Poster presented

at the Conference of the International Society for Research on Emotion (ISRE), Leuven, Belgium and at the 21th annual convention of the Association for Psychological Science (APS), San Francisco, USA.

Mikolajczak, M., Nelis, D., Quoidbach, J. (2008, May). *Measuring individual differences in emotion regulation: the Emotion Regulation Profile-Revised (ERP-R)*. Poster presented at the 20th annual convention of the Association for Psychological Science (APS), Chicago, USA.

Mikolajczak, M. & Luminet, O. (2006, May). *An experimental investigation of the moderating effect of trait emotional intelligence on laboratory-induced stress*. Poster presented at the Consortium of European Research on Emotion, Louvain-la-Neuve, Belgium and at the Journée d'Etude en Psychologie de la Santé, Brussels, Belgium.

Mikolajczak, M. & Luminet, O. (2004, September). *Does emotional intelligence represent a protective factor regarding mental and somatic resistance to stress?* Poster presented at the Gallup Positive Psychology Summit, Washington, USA.

Mikolajczak, M. & Luminet, O. (2004, July). *Does alexithymia represent a vulnerability factor regarding mental and somatic resistance to stress? Results from a longitudinal study*. Poster presented at the European Conference on Personality, Groningen, The Netherlands.

Mikolajczak, M. & Luminet, O. (2004, May). *Subjective and objective responses to a laboratory stressor among people varying in their level of alexithymia*. Poster presented at the Annual Meeting of the Belgian Psychological Society, Brussels, Belgium.

Mikolajczak, M. & Luminet, O. (2004, May). *Is alexithymia affected by situational stress or is it a stable trait related to emotion regulation? A prospective study of students during their exams*. Poster presented at the First International Cognitive Psychopathology Meeting, Louvain-la-Neuve, Belgium and at the European Conference on Emotion Research, Amsterdam, The Netherlands.

Mikolajczak, M. & Luminet, O. (2003, October). *Comparing the predictive power of alexithymia and Emotional Intelligence: The case of psychological and physical health*. Poster presented at the Third International Conference on Emotion and Health, Tilburg, The Netherlands.

Mikolajczak, M. & Luminet, O. (2003, May). *Predicting the subjective health & well-being: the contribution of alexithymia, trait affectivity and optimism*. Poster presented to the Annual Meeting of the Belgian Psychological Society, Brussels, Belgium.

6. Invited Public Talks (I only mention the talks that I personally gave)

Mikolajczak, M. Le burnout parental pendant le confinement, les familles monoparentales. Invited online public lecture by le Collectif des Femmes, Louvain-la-Neuve, December 2020.

Mikolajczak, M. & Roskam, I. Prévenir et éviter le burnout parental durant le confinement. Invited online public lecture. Sommet de la Résilience (France), May 2020.

Mikolajczak, M. & Roskam, I. Prévenir et éviter le burnout parental durant le confinement. Invited online public lecture organized by Emergences (Brussels, Belgium), April 2020

Mikolajczak, M. & Roskam, I. Prévenir et éviter le burnout parental durant le confinement. Invited online public lecture organized by the Institut Pleine Conscience (Belgium), April 2020

Mikolajczak, M. & Roskam, I. Le burnout parental : le comprendre et s'en sortir. Invited public lecture organized by the Centre pour les Femmes et Familles Monoparentales (CFFM), Luxembourg, March 2019.

Mikolajczak, M. & Roskam, I. Le burnout parental : le comprendre et s'en sortir. Invited public lecture organized by students, Louvain-la-Neuve, February 2019.

Mikolajczak, M. Emotions et compétences émotionnelles. Seminar organized by « Institut Pleine Conscience ». Dongelberg, December 2018.

Mikolajczak, M. & Roskam, I. Le burnout parental. Conference for medical doctors and therapists organized by “La mutualité Chrétienne – Région Hainaut-Picardie”, Tournai, December 2018.

Mikolajczak, M. & Roskam, I. Le burnout parental. Conference for medical doctors and therapists organized by “La mutualité Chrétienne – Région Liège-Verviers”, Liège, December 2018.

Mikolajczak, M. & Roskam, I. Le burnout parental : le comprendre et s'en sortir. Invited public lecture organized by « Centre International de Rencontres et d'Actions Culturelles » et « La ligue des Familles », Marcourt, November 2018.

Mikolajczak, M. & Roskam, I. Le burnout parental : le comprendre et s'en sortir. Invited public lecture organized by « Le Centre Culturel » et « La ligue des Familles », Verviers, March 2018.

Mikolajczak, M. Vivre mieux avec ses émotions. Invited public lecture organized by « La mutualité Chrétienne », Bruxelles, March 2018.

Mikolajczak, M. & Roskam, I. Le burnout parental : le comprendre et s'en sortir. Invited public lecture organized by « La ligue des Familles », Nivelles, February 2018

Mikolajczak, M. & Roskam, I. Le burnout parental. Invited public lecture organized by « Le Centre de Valorisation des Intelligences Multiples (CVIM) », Liège, February 2018.

Mikolajczak, M. & Roskam, I. Le burnout parental. Invited public lecture organized by « Une heure de psy par mois », Grenoble, December 2017

Mikolajczak, M. & Roskam, I. Le burnout parental : comprendre et s'en sortir. Invited public lecture organized by « La ligue des Familles », Bruxelles, November 2017

Mikolajczak, M. & Roskam, I. Le burnout parental. Invited public lecture organized by « Liège Rencontre International », Liège, October 2017

Mikolajczak, M. & Roskam, I. Parents d'aujourd'hui : trouver son équilibre. Invited public lecture organized by the « Centres PMS de la région de Charleroi », Charleroi, October 2017

Mikolajczak, M. & Roskam, I. Comprendre le burnout parental : quand la grande aventure tourne au désastre. Invited public lecture organized by the « Structures Petite Enfance du bassin de Bourg-en-Bresse », Treffort, September 2017

Mikolajczak, M. & Roskam, I. Le burnout parental. Invited lecture at the « Centre de Santé de l'Ancienne Gare de Gastuche », Grez-Doiceau, April 2017.

Roskam, I. & Mikolajczak, M. Etre parent, une aventure de chaque jour : des pistes pour trouver son équilibre. Invited public lecture organized by the Mutualité Chrétienne at the « Ferme du Biéreau », Louvain-la-Neuve, Belgium, March 2017.

Mikolajczak, M. & Roskam, I. Comprendre le burnout parental : quand la grande aventure tourne au désastre. Invited public lecture organized by the Institute for Research in Psychological Science, Louvain-la-Neuve, Belgium, February 2017

Roskam, I. & Mikolajczak, M. Le burnout parental : le comprendre et s'en sortir. Invited lecture at the Mutualité Chrétienne for their affiliated psychologists, Wavre, Belgium, March 2016.

Mikolajczak, M. *Mieux vivre avec ses émotions pour améliorer sa santé*. Invited lecture at the Service de Prévention en Santé de la Mutualité Chrétienne, Nivelles, Belgium, May 2015.

Mikolajczak, M. *A la poursuite du Bonheur : avantages, avatars et conséquences pour l'intervention*. Invited lecture at the Belgian Royal Society for Mental Medicine, Brussels, Belgium, December 13 2014.

Mikolajczak, M. « Vivre mieux avec ses émotions ». Invited lecture at *La Maison du livre, de l'image et du son*, Villeurbanne, France, February 2014.

Mikolajczak, M. « Vivre mieux avec ses émotions ». Invited lecture at *ENEO*, Verviers, Belgium, October 2013.

Mikolajczak, M. « Les compétences émotionnelles ». Invited lecture at the *Mutualité Chrétienne*, Bruxelles, Belgium, October 2013.

Mikolajczak, M. « Mieux vivre avec ses émotions ». Invited lecture at the *Festival des Auteurs Psy*, Nîmes, France, September 2012.

Mikolajczak, M. « Est-il possible d'être heureux ? ». Invited lecture at "Singularités Plurielles", Belgium, March 2012.

Mikolajczak, M. « Etre plus heureux... Pourquoi ? Comment ? ». Invited lecture at "*Les après-midi culturels*", Belgium, February 2012.

Mikolajczak, M. « Etre plus heureux... Pourquoi ? Comment ? ». Invited lecture at "*Les après-midi culturels*", Belgium, March 2012.

Mikolajczak, M. « Etre plus heureux... Pourquoi ? Comment ? ». Invited lecture at “*Enerpsy*” [Cycle de formation continue pour psychothérapeutes], Belgium, November 2011.

Mikolajczak, M. « Emotions et compétences émotionnelles ». Invited one-day seminar organized for “L’école des pros” [Cycle de formation continue pour enseignants]. Facultés Universitaires Notre Dame de la Paix, October 2011.

Mikolajczak, M. « Améliorer les compétences émotionnelles pour réduire le risque de rechute chez les personnes dépressives ». Invited lecture at the “*Journées de la Dépression*”, Namur, October 2011.

Mikolajczak, M. & Quoidbach, J. « Etre plus heureux... Pourquoi ? Comment ? ». Invited lecture at the University of Louvain (IPSY Conferences), Belgium, April 2011.

Mikolajczak, M. « Le bonheur est-il dans la consommation ? ». Invited lecture at the University of Louvain (Festival des Possibles), Belgium, March 2011.

Mikolajczak, M. « Comprendre les carences socio-émotionnelles des employés cadres dirigeants ». Invited lecture at France Telecom Orange, Arcueil, France, March 2011.

Mikolajczak, M. Le rôle social des émotions [The social role of emotions]. Panel with Christophe André, Paula Niedenthal & Bernard Rimé in the framework of the conference “Face à nos Emotions”, *Cité des Sciences et de l’Industrie*, Paris : October 2009.

Mikolajczak, M. La mesure et la remédiation des compétences émotionnelles [*The measurement and training of emotional competencies*]. Invited lecture at Nexum, La Hulpe, May 2009.

Mikolajczak, M. L’intelligence émotionnelle dans l’entreprise [Emotional Intelligence in organizations]. Invited lecture at the *Association des Dirigeants du Personnel* (ADD). Brussels, October 2006.

7. Medias (I only mention the interviews that I personally gave over the last 5 years)

- 46 interviews for the written press (Belgium, France, Luxembourg, Switzerland, Canada, UK, US)
- 18 interviews on radio broadcasts (Belgium, France, Switzerland, Canada, UK).
- 4 interviews for TV broadcasts (Belgium and France).