

Régine Sponar



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Kevin Dardenne's mother

## STUDIES

- Master in Psychology UCL
- Master in Philosophy UCL
- On-going Phd Candidate in Psychology - UCL – “The Preventing Burnout Concept including difference between burnout and ICT cognitive saturation

### University dissertations

- **Master in Philosophy - sciences:** 4 Temporal, Linear logic Systems; Logical Mathematics. Distinction
- **Master in Psychology:** Autistic children; Causes, Test - Distinction

## RESEARCH AREAS

- ✓ **The measures of the ICT cognitive exhaustion** and difference with burnout. Prevention of technostress.
- ✓ **Development of HR software using AI (Artificial intelligence).**
- ✓ **Clinic Psychology. Well-being, competence at work. Research on Prevention of the technostress and burnout in general and specific professions through the prevention of chronic stress.**
- ✓ Prevention of the emotional, physical, cognitive and ICT cognitive exhaustion.
- ✓ **Psychogenesis** of the burnout.
- ✓ **Immunity epidemiology – MS.**
- ✓ **Bringing teens to competences** through emotional intelligence.
- ✓ **Cognitivo and physical stretchings**, impact on mental and physical health.

## DESCRIPTION OF RESEARCH AND TEACHING

Regine Sponar is a lecturer in several universities in Belgium; UCL, ULB, Solvay Business and Management School and the Zadar's University in Croatia. She also gives [conferences for enterprises and institutions](#) such ministries and Education. She trained professionals in the field of the prevention burnout and chronic stress.

She was primarily looking at the links between work environments, private and social life and health. She creates the term '[Preventing Burnout](#)'.

She created [8 indicators to be analyzed and measured](#) with facts and perceptions face to strategic aspects of the exhaustion: emotional, physical, cognitive and cognitive link to ICT; accordingly she focuses the care following specific exhaustion and highly active employees.

She has the mastery in the management of a Spin Off development.

She develops a HR multilingual software on prevention of burnout through a partnership with [university, Belgian government, Sopartec and LTTO](#).

- Model of the software including algorithm
- Contents canvas of the software
- Structure of the software that the company B12 Consulting developed on each IT level

She adapted her data in the multilingual [software PBT](#) from general topics link to all professions to specific very active sectors and professions such as school directors, employees who are in the university at evening, journalists, captains and pilots... She assigned her © rights to Brightlink SA. Except her moral rights which stay hers. Those rights are under contracts with [MVVP](#) and Sopartec.

She develops a European HR trade through a strategic tool to promptly prevent highly active employees from emotional, physical, cognitive and ICT exhaustion: [The cognitive and physical stretchings](#) ®.

She is a partner in Education to give assistance to schools (directors, teachers and students) to manage emotions which impact competences, creativity, and relationships.

She always works within a [team, colleagues or with student trainees](#).

She develops most of her concepts with empiric individual consultations as well as with scientific studies.

She has a [private consultation](#) on Preventing Burnout and ICT exhaustion and she is also [psychologist](#) for the medical houses Cesar de Paepe (Uccle & Saint Gilles).

## **CURRICULUM VITAE**

[Régine Sponar public CV](#)

Career

2017 — Honorary psychologist for [doctors in difficulties](#) (in their professional and private life)

2016 — ongoing [Honorary Lecturer in Solvay Business School](#) (ULB)

2017 — ongoing Clinic Psychologist in the field of prevention of chronic stress, the success at development of careers and link with private life.

2017 — Development of several projects in the fields of civil aviation (prototype) and national education.

2016 — March 2017. Six month contract as consultant for BrightLink SA.

Member of the [UPPCF workshop](#) named *Improvement of the Reimbursement of clinic psychological practice* through health insurances and federal government.

2016 Supervisor [traineeship](#)

2014 — Ongoing PhD candidate at UCL — The Preventing Burnout Test© integration of scientific articles ([biography](#)) and practices to develop the Preventing Burnout Test.

2014—2016 Consultant for Galilei Randstad and trainer for 20 high level coaches and psychologists in enterprises (BE-FR -LX-GR)

2014—2016 University Catholic of Louvain as Research Assistant. at [the Psychological](#)

Sciences Research Institute with Professor Jacques Gregoire, UCL vice-rector of the Human Sciences Sector. She is the developer of a spin off (PBT2) within a team to create contents and process of **multilingual software to prevent burnout, ICT exhaustion, Karoshi and bore out**. Fund 191.000 euros. An additional grant of 30.000 euros for **Proof of Concept** (PBT3) was dedicated under her supervision to finalize the software. The PBT3 software has the ability to scan k population to prevent chronic stress. It could be adapted to all professions and recommendations are issued through a **personal and general report report (CVS)**. All the process works with confidential data and reminds anonymous. 2013—Ongoing, Clinical psychologist – Medical Health Center – Cesar de Paepe.

2012—2014 Author of the **Preventing Burnout Test PBT 1©**, in FR, NL, EN, GR.

2012—Ongoing, research and **preventive therapy for employees** in enterprises and institutions

1982—Psychologist at Centre de Guidance de Waremmé

1997—Psychologist at the European Institute for Health and Performance (Alain Goudsmet) based on **Dr Jim Loer's Mentally Tough methodology** for high level sport athletes such as Pete Sampras and Justine Henin. Next to endurance, learning on Food impact and Stress Management on the body and mental attitudes.

1989—1992 Three years' observation of the good immunity on the Seychelles' population with the use of organic food with no imported additives for humans and animals and with the impact of strict regulations relating to the protection of the environment including no pesticides on the cultures.

## Experience in International Institutions

From 1999—2008

European Commission – DG ECFIN Economic and financial Affairs

- **Statistical assistant** for financial markets (EU IPO issuance & EU bond issuance – author and co-author of the *Monthly note on euro-denominated bond markets* comparison with other international markets and projects developer (Bloomberg professional, internal website)

EFSA – European Food Safety Agency – Parma, Italy

EIT – European Institute of Innovation and Technology – Brussels

- **Financial agent for public tenders: Marco Polo program**

Central Bank, Ministry of Finances – Seychelles – Mahé and Seychelles Industrial Corporation Development

- **Investment Desk Manager**
- **Trainer for assistants**

## Experience in international private companies

Minute Maid Greater Europe

Winterthur Insurance

Bobcat – Melroe Europe

Sobelair

Wolters Kluwer

**Language skills**

French (native), English (bilingual/fluent), Dutch (satisfactory), Italian (basics), Croatian (basics), Creole—Seychelles (Satisfactory)

**More information – [Enterprises](#), [Conferences](#), [Clients](#), [Trainings](#)**

<http://www.psychologueclinicien.eu/a-propos/clients/>

<http://www.psychologueclinicien.eu/les-formations/generales-burnout-technostress/>