



THE Work-Esteem Letter

REFLECTIONS. RESEARCH. REPAIR. GROWTH.

Building sustainable interpreting careers—together.

Monthly Newsletter

Issue No. 3 • You Are More Than Your Performance When the Work Feels Personal



WORK-ESTEEM
Studio

Rooted. Resilient. Sustainable.



The Work-Esteem Letter was created as a space for honest reflection about professional life within interpreting work.

Each issue explores the roots beneath sustainability, growth, repair, identity, and the systems shaping our work.

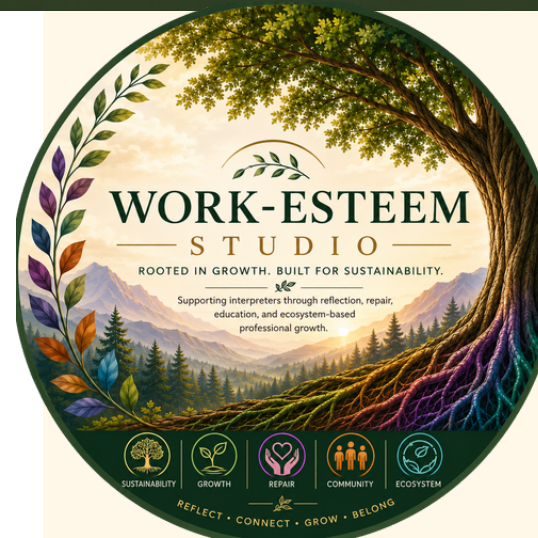
Thank you for being part of the ecosystem.

— Katrina Wadsworth
Founder, Work-Esteem Studio



Interpreting is unusual work.

We don't simply produce something and send it out into the world. We bring our language, judgment, preparation, decision-making, relationships, and presence into the work. That closeness can make it difficult to know where the work ends and we begin.



Studio News:

Work-Esteem Studio Website
Now **LIVE!!**

www.workesteem.studio

**Founder Cohort Now
Available:**

Applications on Course
Information page on website.

A difficult assignment can become:
I am not good enough.

Feedback can become:
I should already know this.

Watching another interpreter can become:
Why can't I be more like them?

A mistake can become:
Maybe I don't belong here.

This is where performance can quietly begin
attaching itself to identity.

But how you performed is not the same thing as who
you are.

Your performance can need improvement without
your professional worth being diminished.

You can misunderstand something and still be
competent.

You can receive difficult feedback and still belong.

You can watch someone do something beautifully
without their strength becoming evidence of your
inadequacy.

And you can have an excellent day without needing
that performance to prove your worth either.

That separation matters because professional
growth requires us to look honestly at our work.

If every piece of feedback becomes a verdict about
who we are, reflection becomes threatening.

But when performance becomes information,
something changes.

Instead of:
What does this say about me?

we can begin asking:
What is this teaching me about my practice?

That is a very different question.



**Studio News
Coming Soon!!!**



My original Work-Esteem research found that interpreters' perceptions of their work could affect their Work-Esteem and that feedback, comparison, confidence, professional relationships, and work experiences all played roles in how interpreters viewed themselves professionally.

The work matters.

Your skills matter.

Growth matters.

But none of those require turning every professional experience into evidence about your worth.

Sometimes the healthiest thing we can do for our Work-Esteem is create a little space between:

Who I am

and

How I performed today.

There is room for both.

And there is room to grow.

Reflect a moment:

Think about a recent moment at work that didn't go the way you wanted.

What changes when you ask:

"What information did this give me about my practice?"

instead of:

"What does this say about me?"

— Katrina Wadsworth
Founder, Work-Esteem Studio

A Root to Reflect On

1. When is it hardest for you to separate how you performed from how you see yourself as a professional?
2. After a difficult assignment or feedback, what do you tell yourself about the work, and what do you tell yourself about you?
3. What would change if you treated your performance as information for growth rather than evidence of your professional worth?



Exploring Identity,
growth, and the space
between who we are
and how we perform.

