



THE Work-Esteem Letter

REFLECTIONS. RESEARCH. REPAIR. GROWTH.

Building sustainable interpreting careers—together.

Monthly Newsletter

Issue No. 4 • You Are Allowed to Belong Here Belonging Is Part of Professional Sustainability



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.

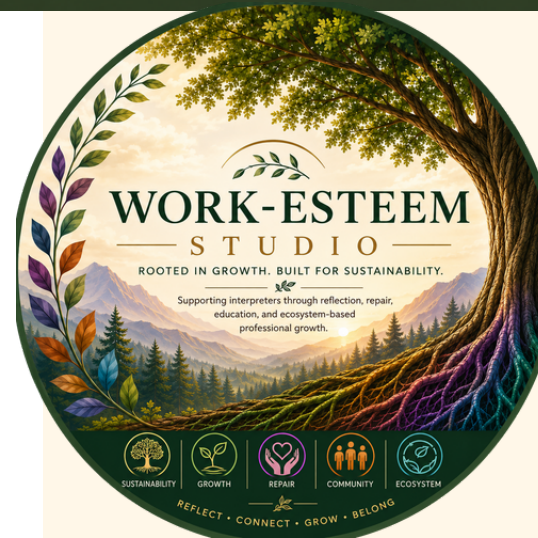
— Katrina Wadsworth
Founder, Work-Esteem Studio



There is a particular kind of loneliness that can happen while surrounded by people.

- You can attend the meetings.
- Work the assignments.
- Team with colleagues.
- Hold the credentials.
- Show up every day.

And still wonder:
Do I really belong here?



Studio News:

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

www.workesteem.studio

**Founder Cohort Now
Available:**

Applications on Course
Information page on website.

Belonging is easy to dismiss as something extra, something nice to have once the “real” professional needs have been addressed.

I don't think it is extra.

Belonging is part of the ecosystem.

Our professional environments continually send us information about whether there is room for us to participate, ask questions, make mistakes, contribute ideas, grow, and be seen as developing professionals rather than finished products.

And sometimes those messages are subtle.

- Who gets invited into conversations?
- Whose questions are welcomed?
- Whose mistakes receive patience?
- Who receives mentoring?
- Who feels safe asking for help?
- Who gets treated as though they have already earned a place at the table?

My early Work-Esteem research repeatedly brought relationships and professional community into the picture. Participants talked about support, trust, teaming, judgment, professional isolation, comparison, and the need for stronger relationships within the interpreting field.

That matters because professional development does not happen in isolation.

We learn through one another.

We borrow perspective from one another.

We receive feedback.

We observe.

We ask questions.

We repair.

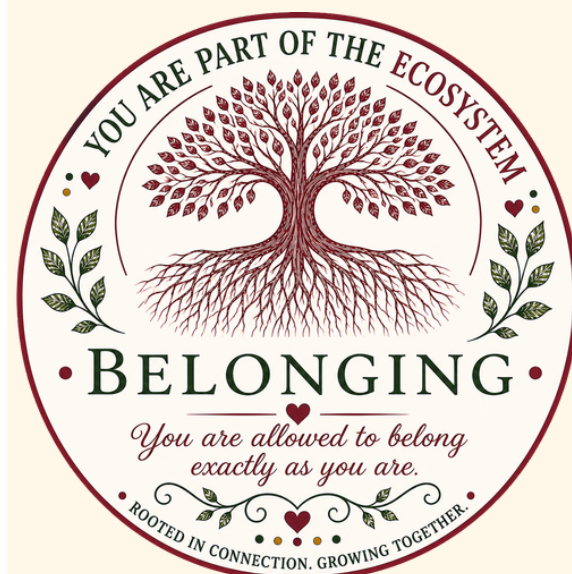
We mentor and are mentored.

We grow inside relationships.

Belonging does not mean everyone agrees with us.



**Studio News
Coming Soon!!!**



It does not mean we never receive difficult feedback.

And it does not mean every professional space will be the right space for us.

It means our place within the profession does not have to be continually earned through perfection.

You can still be learning and belong.

You can need mentoring and belong.

You can change specialties and belong.

You can have twenty years of experience and discover something you don't know.

You can be the newest person in the room.

You can make a mistake.

You can grow.

You are allowed to stay while you are becoming.

Perhaps that is one of the most important things a healthy professional ecosystem can offer its members:

Not permission to stop growing.

Permission to grow without believing every unfinished part of ourselves is evidence that we don't belong.

A Root to Reflect On

- Where in your professional life do you feel most able to learn, contribute, ask questions, and be yourself?
- What is present in that environment that makes belonging possible?

— Katrina Wadsworth
Founder, Work-Esteem Studio

