



ITI Coffee House: Emotional wellbeing for translators

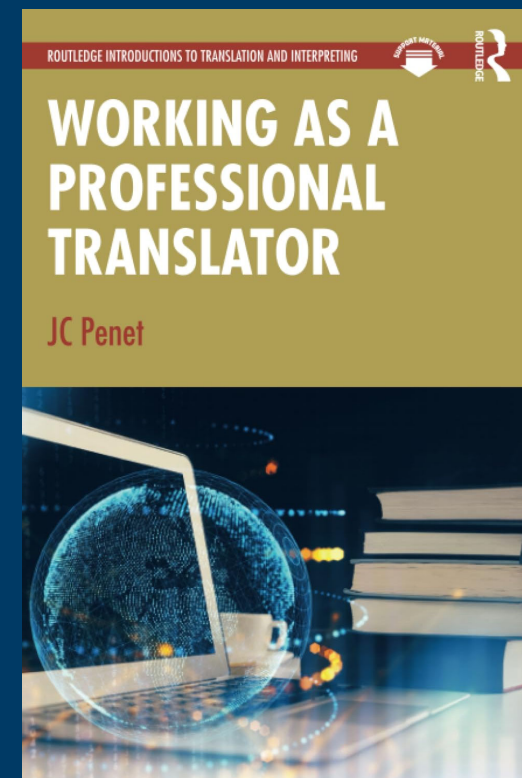
Dr JC Penet

Newcastle University

19th November 2024

A bit about me...

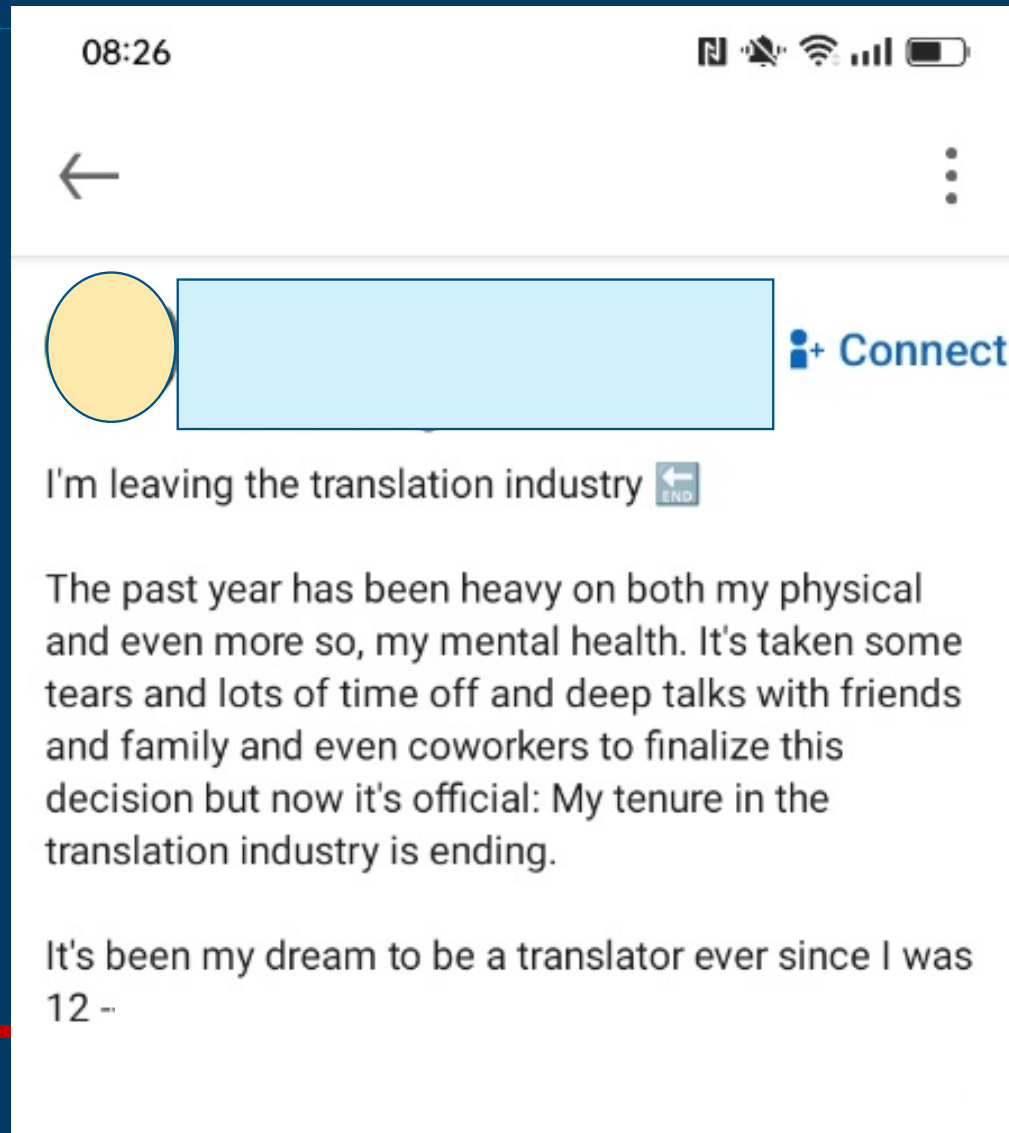
- Reader in Translation Industry Studies
- Certified Life Coach (University of Warwick, Level 7)
- Current research: Emotional intelligence and sustainable well-being for (trainee) translators; status and agency for freelance translators



(Un)sustainability of the language industry?



LinkedIn, published on 12 September 2024...



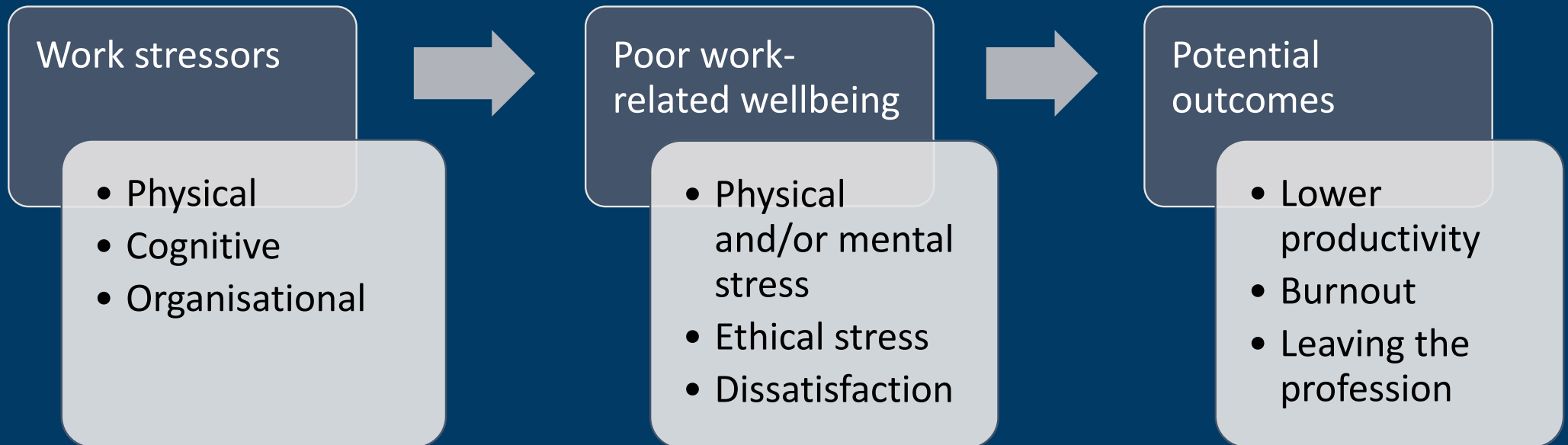
Reasons?

“But the crux of the matter is... I don't like it. I don't like that more and more clients (and LSPs, for that matter) are reliant on MT, I don't like the fact that the industry is pushing out experienced linguists and translators because they simply don't earn enough anymore and I don't like that the race to the bottom seems never-ending.

I'm not quitting because I don't like MT; I'm quitting because I don't like the direction the industry is heading.

Long story short, my idealistic and maybe naïve heart has been broken and to preserve my mental health [...] I'm leaving the industry...”

Potential impact of work stressors (Penet, 2024)



Ethical stress in the language industry (Hubscher-Davidson, 2021)

Professional dissonance

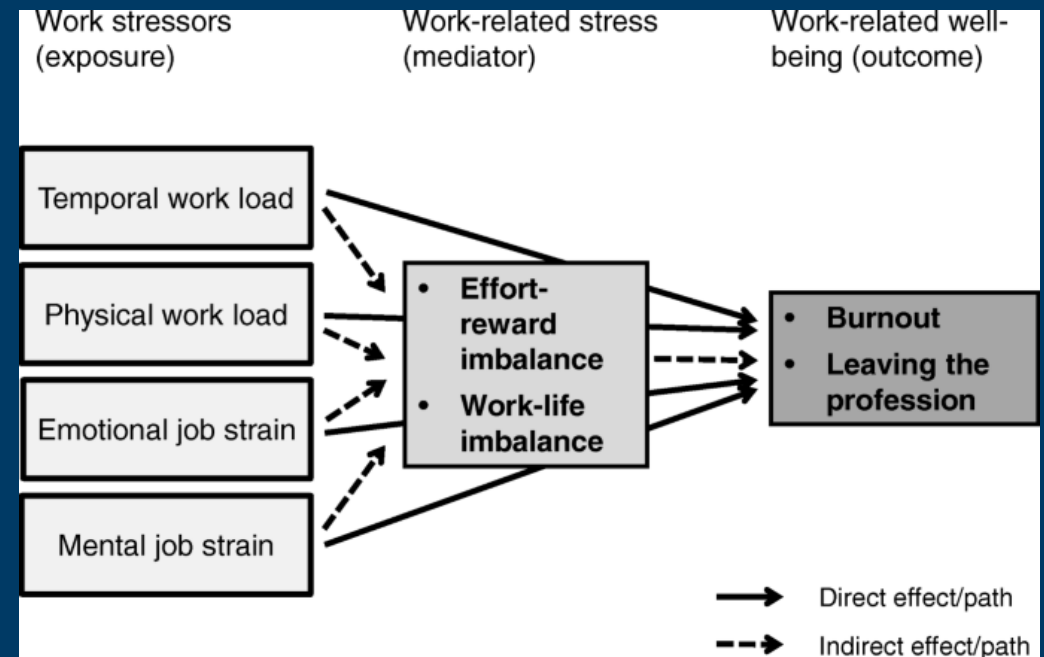
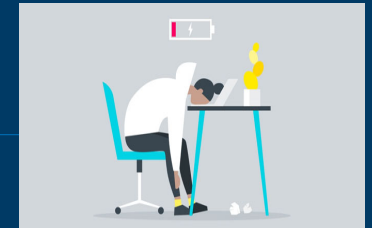


BURNOUT

“Burn-out is a syndrome conceptualized as resulting from **chronic workplace stress that has not been successfully managed**. It is characterized by three dimensions:

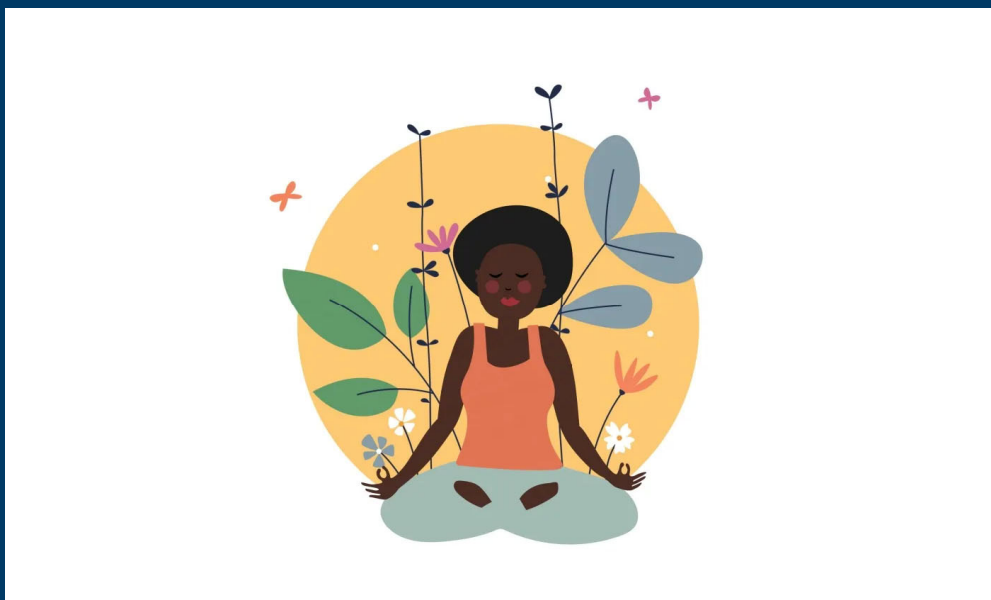
- feelings of energy depletion or exhaustion;
- increased mental distance from one’s job, or feelings of negativism or cynicism related to one's job;
- and reduced professional efficacy.”

WHO (2019), <https://www.who.int/news/item/28-05-2019-burn-out-an-occupational-phenomenon-international-classification-of-diseases>



Hämmig, O. (2018). “Explaining burnout and the intention to leave the profession among health professionals – a cross-sectional study in a hospital setting in Switzerland.” *BMC Health Serv Res* 18, 785, p. 3

Self-Care as an ethical imperative?



“[...] there is cause for all language professionals to consider the relationship between their work and their mental health.” (Lambert: 2023, 142).

“[U]ltimately, translators’ responsibility is not to the author, or the reader, or the commissioner, or to the translating profession but to themselves.”

(McAlester, 2003: 226)

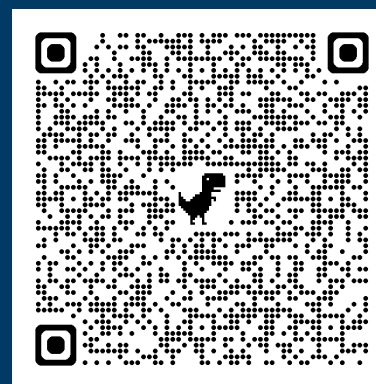
ITI: Position Statements on wellbeing

Policy

09 Jul 2021 by Dr Séverine Hubscher-Davidson

Position statement on translators' mental health and wellbeing

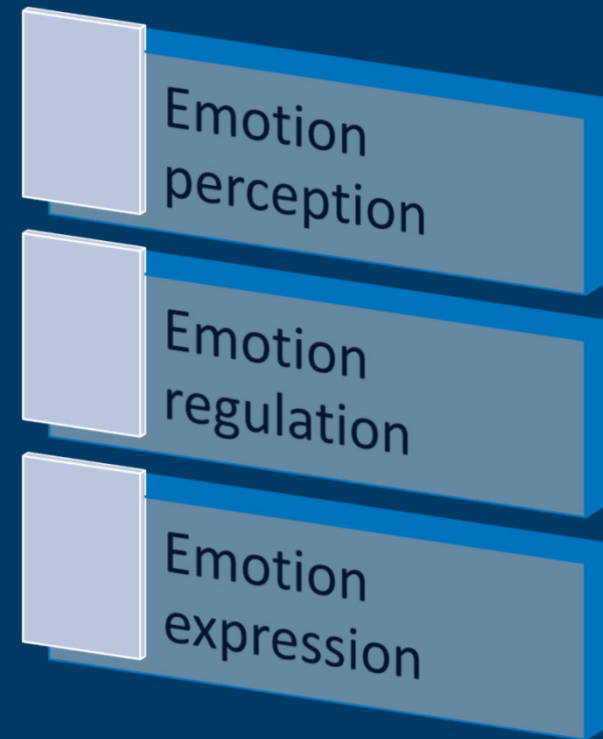
Translators have a responsibility to refrain from conduct that can lead to substandard performance and/or harm to anyone, including themselves. They should act to reduce the effects of fatigue and stress on their ability to continue to offer the highest possible standards of work. They should seek expert help and advice if they are impaired in a way that could adversely affect their ability to work.



Self-care model for language industry professionals (Penet, 2024)



Your emotions matter!



The 3 stages of emotion (Hubscher-Davidson, 2018: 12)

EMOTIONAL INTELLIGENCE



Emotional intelligence Mikolajczak (2009, p.27):



Knowledge

Ability

Disposition