



WORKING REMOTELY IN THE TIME OF COVID

A MENTAL HEALTH PANEL DISCUSSION

JUNE 12, 2021
12:00–1:30 EDT

REGISTRATION: \$5

MENTAL HEALTH IN THE TIME OF COVID

AS the Covid-19 pandemic remains a reality and the world starts to reopen, some of our colleagues—and perhaps ourselves—have started to feel and show signs of burnout which intensify after extended periods of remote work and a lack of interaction with others. When people are subjected to imposed new routines and/or procedures, they do not perform as well and begin to suffer from stress. The visible signs range from irritability and negativity (towards our work or others) to missed deadlines and a feeling of helplessness. In addition to these behaviors, we might feel like giving up or start worrying about the future—on top of fearing for our loved ones' health and ours. It is important to recognize these signs and the fact that they are becoming more common among professionals working remotely. During this event, we will explore the stress and anxiety brought on by working remotely and we will identify signs of concern.

[Language neutral]

Moderator

Isabel Gálvez
IG GLOBAL SOLUTIONS
Translator & Interpreter



Isabel Gálvez is a translator from Lima, Perú who emigrated to Cleveland with her family in the early 90s. She graduated from Cleveland State University with a Marketing Communications BA and earned a Diploma in Community Translation & Interpretation from Lake Erie College. In 2002, Isabel created IG GLOBAL SOLUTIONS, a provider of Spanish translation services, MBE/FBE-certified. At the same time, she created the popular FB page Comunidad Latina de Cleveland of +2800 followers. After 20 years working for global corporations, she decided to focus exclusively on her business. Isabel works remotely splitting her time between Cleveland, Ohio, and Lima, Perú.



PANELISTS



Gabriela Sehinkman is a psychotherapist, bilingual in English and Spanish. She has 25+ years of working with adults, youth and families, in both community and private practice settings. She holds a master's degree in psychology from the University of Buenos Aires (Argentina), a master's degree in social work from Cleveland State University (Cleveland, Ohio) and a PhD in Social Welfare from Case Western Reserve University (Cleveland, Ohio). Her areas of expertise include mood disorders, anxiety, trauma, grief/loss, and cultural adjustment issues. In 2020, she cofounded TeleAyuda, the first online therapy service “for Latinos by Latinos” in the state of Ohio.



Paul Urwin is Head of Training at ProZ.com, where he dedicates his time to helping freelance translators and interpreters succeed. He creates and sources interactive courses that are designed to take freelancers on a journey to achieving a quantifiable end result that will help them in their careers. Paul performed his first paid translation in 1996, founded a successful LSP in 2004 and is also an accomplished voice actor. He is an experienced podcast host and regularly conducts and appears in online interviews and events.



Victoria Chavez-Kruse is an ATA-certified Spanish-into-English translator specializing in medical, life sciences, and official document translation. She holds an M.A. in Spanish Translation from Kent State University's Institute for Applied Linguistics and a B.A. in Spanish from Malone University. Victoria is a member of the Northeast Ohio Translators Association and currently serves as the PR chair. Victoria is also a founding member of the Black Squirrel Translator Collective, a collaborative group of translators providing comprehensive Spanish to English translation services.





REGISTER HERE!

(Registration deadline: June 11, 2021)

Questions?

Contact us at notatranslators@gmail.com

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