

En route for France

I applied and was accepted for an AFS homestay, and at 16 I moved to France for a year, joined a local school, and sat the French part of the Baccalauréat.

1

1994

1999

2

Further studies

I returned to England and took A-Levels in English, French and History, then went on to read History and French at the University of Manchester.

Moved to France

After a successful internship at AFS VIVRE SANS FRONTIERE, I was offered a job as a programme coordinator (maternity cover).

3

2001

2002

4

New career

I took up a position as a secretary to the European Counsellor at the European Commission Delegation to the OECD and UNESCO.

British Embassy Paris

Between 2003 - 2009, I worked as a Research Assistant to the Education and Equality Policy Lead at the British Embassy in Paris.

5

2003

2009

6

Ruth Bartlett Traduction

I moved back to the UK and began working as a freelance translator - combining my love of French, History, Politics and reports.

Community work

I found a new love for community work, establishing a local community group that went on to fundraise in support of refugees in Calais.

7

2015

2016

8

Wordsted was born

My business underwent a rebrand. I was taking on more writing and editing projects alongside translation, and I wanted my brand to reflect this.

Youth Project

I joined an Ignite Yorkshire youth project pilot in partnership with Canal Connections project as a facilitator and rapporteur.

9

2017

2018

10

Community development

My first paid community development project, Multi-Story Water, explored locals' connections with the water environment and informed the public on flood risk.

Diagnosis

I was finally diagnosed with ADHD, and began the long journey of navigating my new life and advocating for neuroinclusivity.

11

2020

2023

12

New service

I began offering a 'Neuroinclusive communications' service, which stems from the daily frustrations I face living with ADHD. If your business is turning off atypical brains, I can help!