

## Orlagh Deegan

### *Choice Training*



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Choice Training  
& Consultancy

**S**elling garden potatoes outside her house at just 10 years of age, Orlagh Deegan was always destined to become an entrepreneur.

After finishing her Degree in Hospitality Management, she went on to study an MSc in Business and Entrepreneurship and a Higher Diploma in Education.

Orlagh worked in the hospitality industry for over ten years but working for someone else just didn't feel right and so in 2010 she decided to quit her full-time job.

She worked part time as a food and safety trainer for a number of years before gaining enough experience and knowhow to go out on her own.

In June 2015, Orlagh registered Choice Training and Consultancy and she has seen a sales growth year on year.

Networking with ACORNS participants helped Orlagh meet invaluable clients, which has helped build her business and its reputation.

Choice Training and Consultancy delivers high-quality food safety and HACCP training courses and consultancy, but the company is also branching into areas such as online learning, as well as health and safety.

Orlagh runs courses for instructors and has become a go to person for those looking to break into the training industry.

Having worked with major clients like Coca-Cola, Choice Training and Consultancy is competing with much larger training companies and holding its own.

Currently, Orlagh does mostly on-site training and works out of her newly renovated offices in Ballymore Eustace, Co Kildare.

To keep up with demand Orlagh hires freelance trainers and plans to hire more in the near future. She also has plans for further expansion in the next three years.

***Providing early stage female entrepreneurs, living in rural Ireland, with the knowledge, support and networking opportunities to meet and even exceed their current aspirations.***



An Roinn Talmhaíochta,  
Bia agus Mara  
Department of Agriculture,  
Food and the Marine