

Asumpta Gallagher

Best Practice



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Asumpta Gallagher is the owner and founder of Best Practice, a Consultancy and Training Business, which specialises in the area of Primary Care and General Practice.

Best Practice works with Doctors and other Healthcare Professionals who choose to specialise in a particular area of medicine to navigate the challenges associated with running a business and managing Staff. Core services include, Staff Training, Practice Management & HR Support.

With over 25 years experience working as a Manager in Healthcare, Asumpta understands the unique challenges associated with running a healthcare business.

Asumpta has been collaborating with LHP Skillnet since 2019 and they continue to subsidise the cost of her staff training Programmes. In 2021, she created the very successful 6 week Practice Management Programme, now in its 6th Cycle. This is a blended training programme designed for GPs, Practice Managers & Administrators. The positive feedback from this programme led Asumpta to set up the Best Practice Academy in 2022 to address the many Staff Training needs in Healthcare and specialises in the area of General Practice. The Best Practice Academy is a full suite of 'On Demand' Training Courses for GPs, GP Trainees, Practice Managers, Medical Receptionists and Medical Secretaries.

Winning Solo Businesswoman of the Year in 2022 with Network Ireland was a major confidence boost, however, it was then that Asumpta realised that in order for Best Practice to scale and grow, she needed to expand her team. She now employs a full time IT administrator and a part time admin support and looks forward to further expanding the Best Practice Team in the coming months & years.

Asumpta credits ACORNS for helping to build her confidence around her value as a Businesswoman and this is a constant work in progress. Being around like-minded businesswomen, who offer peer support and understand the importance of valuing one's own business, was a hugely positive experience. Asumpta is always open to collaboration with other businesses, particular where it's a service that can provide value to her clients.

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