

Asumpta Gallagher

Best Practice



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Asumpta Gallagher is the founder of Best Practice, a specialist Consultancy and Training Business supporting General Practice and Primary Care.

Best Practice works with GPs and Healthcare Professionals who are growing or developing a specialist service, helping them to navigate the challenges of leadership, practice management and staff development. Core services include staff training, HR support, strategic planning and tailored solutions to improve systems and workflow in busy practices.

With over 25 years of frontline and management experience in healthcare, Asumpta understands the pressures and realities of working in General Practice. Since 2019, she has collaborated closely with LHP Skillnet, delivering subsidised training for GPs, Practice Managers, Medical Secretaries and Receptionists.

In 2021, she launched the highly successful 6-week Practice Management Programme, which continues to grow each year. This popular blended training course has now supported over 200 practices nationwide and paved the way for the creation of the **Best Practice Academy** in 2022. The Academy offers on-demand training courses for Healthcare Professionals & their Teams.

A passionate advocate for standards and recognition in the profession, Asumpta launched the **SPARK Programme** in 2025 – a dedicated professional development and accreditation journey for Medical Secretaries and Receptionists, designed to raise the bar and build confidence in the vital role of frontline staff.

In 2025, Asumpta became an accredited mediator with the Mediators' Institute of Ireland (MII), bringing a new dimension to her work by supporting more effective communication and conflict resolution in practice settings.

Best Practice now has dedicated IT and admin support and continues to evolve.

Asumpta credits ACORNS with helping her own confidence as a businesswoman – particularly around valuing her work, staying focused on her niche, and building connections. She is always open to meaningful collaboration, particularly where it enhances the experience of her clients in healthcare.

