

Claire Kiernan

*Longford Country House & Self Catering
Cottages / AILM & OAK Wellness*



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Claire Kiernan took over Longford Country House & Self Catering Cottages in 2023 and is now developing the business into a rural wellbeing destination.

A qualified nurse, she studied general nursing at NUI Galway, paediatric nursing through Temple Street and UCD, and later qualified as a public health nurse. She worked in Dublin before transferring closer to home near Longford, but with young family, she yearned for a career that would allow her to be more present at home.

She found a new love for her work at her father's construction company, where she was involved in occupational health, health & safety, and staff wellbeing. With around 300 employees across the business, Claire enjoyed working closely with them - focusing on all areas of their health - both physical and mental.

It was there that she became increasingly interested in occupational health. Drawing on her nursing background and her experience working with staff, Claire began to see how personal struggles could affect people's health, work and quality of life.

Claire is now bringing her previous experience into Longford Country House & Self Catering Cottages, providing a quiet place to stay for visitors at her new wellness retreat - AILM & OAK. Claire will offer workplace wellness programmes, giving people time to step away from everyday pressure, unwind and learn practical tools to support their physical and mental wellbeing.

AILM & OAK is a luxury wellness retreat that includes offerings such as health checks, fitness and nutrition support, mindset training, communication tools and time outdoors exploring the locality.

Claire says ACORNS helped her to focus on how to develop the business and bring her ideas together in a more structured way. This re-enforced the importance on providing updates to fellow participants at each meeting and lean on the experience and guidance of her Lead Entrepreneur and mentors.

*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