

Catherine Mackey

Mind Your Language



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Catherine Mackey had worked in the public service as a speech and language therapist for 13 years when she decided to open her own practice in order to provide specialist services to her local community, many of which were not available within the public service.

So, in July 2022, Catherine started Mind Your Language, a strengths-based assessment and therapy service in Cavan town, where she is also from.

Mind Your Language is a private assessment and therapy clinic focused on developing and enhancing the strengths of children with a range of developmental differences. Its unique selling point is providing neuroaffirmative assessments and therapeutic interventions to the neurodivergent population.

Catherine was inspired to set up the business because health services have historically focused on the deficits of children and Catherine is passionate about changing this narrative by identifying children's strengths from the outset and enhancing these strengths via specialist intervention and parent and child-centred supports for families.

Initially, Catherine rented a room in an arts centre in Cavan town before relocating to an office that she renovated as an appropriate clinic setting.

The majority of Catherine's clients are autistic children and neurodivergent children – which is an umbrella term for children with a range of social communication and developmental differences.

As well as Catherine, Mind Your Language now has five part-time employees, with three working in the clinical practice and two in administration. It provides services to families in Cavan, Monaghan and further afield.

Catherine found the ACORNS programme hugely beneficial in terms of understanding the strategic management side of the business and where the gaps in her knowledge were. She says the sharing of ideas and the experience of similar challenges at the roundtable meetings created a very supportive environment.

Catherine plans to keep growing Mind Your Language with a view to expanding the team potentially to other counties, when the time is right.

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