

Curriculum Vitae

**Geraldine Cahill,
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EDUCATION

2012 – University of Galway, Foundation Diploma Training and Education (Training of Trainers)

2007, IBCLC/International Board Certified Lactation Consultant - Recertified 2012

2007 - 2010 - Cork Institute of Technology - BA-Community Development & Adult Education

2000 –Training of Trainers (Breastfeeding)

1994 - 1998 - Cuidiú/NCT UK - Diploma Adult Education. (Antenatal)

1991 – 1993 – Breastfeeding Counsellor Training – Cuidiú

1982 - Certificate in Transport Management

PROFESSIONAL ORGANIZATIONS

2005- current - ILCA/International Lactation Consultants Association

- Committee work- Membership (2009 – present) , Education (2013 – present), and 2013 International Conference Committee

2003 – Current - Association of Lactation Consultants Ireland. (ALCI)

1988 - current - Cuidiú/Irish Childbirth Trust

- Offices held in the past - President 2010 – 2014, and Chair of National organization, 1998 - 2001, Chair of Grant Funding & Spending Committee - 2008-2014.
- General Committee work- National Council, Tutors panels, Breastfeeding Panel, Antenatal Teachers Panel and Cuidiú representative on the National Breastfeeding Committee and on subcommittees for Education, Societal Issues and Clinical Guidance on TT subgroup.

1993 – current - NCT UK

ADDITIONAL SKILLS

- As someone who has been self-employed for many years I am good at self direction and planning, and have developed strong critical thinking skills.
- Organisation
- Governance and oversight
- General administration
- Social Media and other IT skills, much of my international committee work is conducted online.
- curriculum development for breastfeeding & adult education
- Speaking and training
- Strong listening and counseling
- Facilitation

Voluntary Work

I have been involved with a national Parenting organization (Cuidiú) since 1989 and have worked in many capacities in that organization culminating in being President from 2010 to 2014. I sit on the Irish Health Service Executive National Breastfeeding Committee as Cuidiu representative, and am also on the Education and Societal Issues subcommittees. These roles provided me with experience of governance of a large organization and also a view of breastfeeding on a national level.

I have been a voluntary Breastfeeding counselor since 1993. I am a Cuidiú Breastfeeding Counsellor Tutor since 2000. I am a member of Breastfeeding Tutors Panel, training is provided for a large number of trainees each year. I have taught all the skills necessary, from listening skills to counseling and from Anatomy & Physiology to Medications and Pumps.. The organisation provides training for many breastfeeding counsellor trainees a year - in 2015 there will be over 100 in training around Ireland.

I am also an Antenatal Educator Tutor with that Cuidiu and also volunteer my time for Tutor Panel (antenatal) so that we can provide the most up to date and research based information available in both fields.

Keeping up to date with the latest research is important and I attend all events related to Breastfeeding in Ireland every year, including the ALCI conference, La Leche League Conference and Cuidiú Conferences. I also attend International Conferences such as, ILCA, ELACTA, GOLD and iLactation and have also attended the Lactation Consultants in Private Practice Conference in Philadelphia a number of times.

As an active member of ILCA the International professional organization I was awarded the Chris Mulford ILCA/WABA Fellowship in 2014. This fellowship required me to travel to Penang and to work with WABA (World Alliance for Breastfeeding Action), which has given me international experience in advocacy work. As part of this work I worked on creating an online competency tool for healthcare professionals, updated links on their website, and wrote and reviewed many of their 'handouts' for parents and healthcare workers worldwide. I also sit on the Membership committee and the Education subcommittee of ILCA.

WORK EXPERIENCE

Private practice IBCLC / Breastfeeding Counsellor Tutor/Antenatal Educator Tutor

I am a Private Practice IBCLC since 2007 – qualified in 2007, re-certified 2012 - and provide in-home and clinic support to breastfeeding mums in the greater Cork area. I have an in-depth knowledge of breastfeeding practice and promotion.

I provide in home visits and clinic visits to mums in Cork city and county, I have been doing so since 2007 and I travel all over the county. I deal with all levels of difficulty from basic latch problems to more complex issues such as tongue tie or

insufficient glandular tissues. I also offer Skype consults for those who may not be in the Cork area. This has been particularly successful with Mums who are living abroad but who are from Cork. I run prenatal breastfeeding classes using my adult education experience, allowing couples to explore their options for feeding and support. I do some Pro-bono work by attending Cuidiú event once a month and interact with mothers at a community level.

I have also been involved in creating and running the Childbirth Educator programme for Cuidiú, A major emphasis of the programme is in creating teachers who will provide evidenced based education to parents to enable them to make informed choices, so the programme is tutorial based and facilitation skills are a major part of the training.

SPEAKING

Future Speaking: Lactation Consultant in Private Practice in Philadelphia, March 2015 - Learning styles for breastfeeding practice.

ILCA conference, 2014 - Experiences from WABA-Penang – being a WABA/ILCA Fellow.

ALCI Conference (2011, 2013, 2014) Providing an effective Breastfeeding Class, Pumps for Breastfeeding, Experiences from WABA-Penang.

iLactation International Conference (April 2014) Presenting an Effective Breastfeeding Class.

Cuidiú conferences/Study Days (2000 – 2014) (Annual Conferences and Study Days). Both as a speaker and organizer.

Range of topics: Counselling and Listening skills, Running a support group, Volunteering, Skills for parenting, Birth and its Effects on breastfeeding and others.