

# Sharon Cahir

Q&A WITH SOLICITOR SHARON CAHIR  
OF CAHIR & CO SOLICITORS, ENNIS

## Short synopsis of your career to date?

After school, I attended the International college of Hotel Management in Shannon and I progressed my career in management in Switzerland and London for a few years before returning to study law. After my training I returned to Cahir and Co. Solicitors. Over the years I have continued to study and invest in myself. I am a values based leadership consultant & coach with the International Barrett's Values Centre and the values work runs through all my legal and consulting work. My career continues to evolve and expand.

## Advice you'd give to young people today?

It doesn't matter what others say about you – it's what you say to yourself that counts!

Take 100% personal responsibility for your role in all you do, give up blaming, complaining and justifying and remember this equation E+R+0. Events will arise throughout your life (good and bad) but remember how you personally Respond and React to that event will always give you the Outcome you are experiencing. Never shy away from asking for feedback. Feedback isn't criticism its just feedback!

## What do you wish you'd know before you started your career?

Stop multi-tasking – it's a skill that's over rated! In a professional service business, valuing the art of Personal service to Self is paramount.

## Person you admire most in the business world?

Sheryl Sandberg, as a high performing woman and a mother I respect her account of her journey to the top of her field and the challenges she encountered along the way. She learnt



lessons and passed on her wisdom. I admire her vulnerability in dealing with personal tragedy while giving 100% to her children, a demanding career and learning to give to herself. Her book Option B about facing adversity building resilience and finding joy is a good read. She admits that until the death of her husband she had had never considered there was option B.

## Personal achievement you're most proud of?

I am really proud of a scholarship I was nominated for and won to Cornell University after I graduated from the Hotel School. My other proudest moment was co-authoring an international best seller 'Success University for Women' with a group of ambitious inspirational international women and sharing personal stories of loss, leadership and laughter.

## Future of the business?

Success, succession and seniors are my area in law. Unfortunately, resistance to Will making and planning for the future can lead to more sadness than success in succession for many families and siblings. Having the courage to consider a plan for succession and passing on ones assets could avoid much of the confrontation that arises. Clarity and change are key – start early, change as you need to and consult with someone so as to have a sounding board to support you in making provision for your family and in your senior years.

## If you could buy anything regardless of price, what would it be?

Peace of mind – I take my service of others in law and leadership both personally and professionally. It's a hazard of the job.

## Spend or save?

Both – I save with a view to treating myself!

## If you were looking to invest, what route would you take?

Business and Property

## Area related to your career that you're most proud of?

I love that I get to be of service and make a difference. Sometimes I am the difference that makes all the difference to my clients in law or leadership and I love knowing that.

## Biggest mistake / lesson that you've made / learned from career wise?

Not listening to my own gut!

## What item or gadgets could you not work successfully without?

My Dictaphone and Skype for overseas calls and coaching.

## Favourite books

Audible is my best friend these days so I listen to books and podcasts where ever I go. The school run is sometimes more like an inspirational or business tutorial for my kids!

## Currently reading

Deep Work – Rules for Focused success in a Distracted World by Cal Newport.

## Favourite movie

Eat Pray Love is hard to beat. Friendship, Travel, Romance, Adventure, Food and Wine and a Silent retreat what's not to love!

## Favourite hotel?

When I experience great service and personal hospitality it's always my favourite.

## Dream holiday ?

A sightseeing & adventure to India and Sri Lanka

## Dream car?

I have a red Range Rover Evoque with all the trimmings on my Vision board for when my sons have left home and my car is all mine and not a taxi!

## How do you switch off?

I did a 10 day silent Vipassana retreat 2 years ago to completely switch off. Since then I really value quiet time to reflect and journal. I love my own company so a few hours on my own works a treat.

## Superpower you'd love to have?

Invisibility! It would come in handy to hear both sides of a story.

## Dream job?

My dream job is having no job but failing that I am available as an inspector for 5\* to 7\* hospitality experiences worldwide for a publication with very deep pockets!

## Night in or night out?

Night in with girlfriends, chocolate, champagne and lots of fun conversation!

## Boxset / tv programme you'd recommend?

'Designated Survivor' starting Kiefer Sutherland. I had my first Netflix binge at Christmas and I await the next series impatiently.

## 3 items that you'd take with you to a desert island?

A solar powered torch, a fishing net and my sons to light the fire and do the fishing. If I could have a fourth it'd be time travel machine to send the boys home for a visit so I could have some alone time!

