



Our role models

PROUD TO BE WITH ABP



ABP She is a programme that promotes female empowerment in our organisation, identifying and supporting female talent.

It's a key part of our drive to be more progressive and make meaningful change, both within our own business and the meat industry as a whole.

Meet some of the amazing women at the forefront of this movement.





Isobel Keenan

CPM QA Retail Manager, Ardee

I'm from Co. Louth and I've had the pleasure of studying Food Science and nutrition in Letterkenny, Co. Donegal.

I graduated in 2016 and soon after began my journey with ABP, starting out in ABP Cahir as a QA/Production graduate.

During my first year, I worked as the PLU Coordinator, and I eventually moved into a full-time position in the Quality Department. In 2019, I was then given the opportunity to become a retail QA Manager, a role that I'm still in today.

While at ABP, I have been able to progress and learn from those more experienced in the company, making the most of the opportunities given to me and gaining invaluable experience.

Rosa Flavin

Health and Safety Officer, Waterford

After spending 10 years as a chef, I decided to take on a new challenge and embarked on an evening course in Health and Safety.

My hard work paid off, and I was successful in my application for a Health and Safety Officer job at ABP, beginning in January 2022.

I'm thrilled to have the opportunity to stay in the food sector, as I have a passion for it. Seeing the process from start to finish continues to amaze me, and I'm lucky to have a great team to learn from.

Since I started working at ABP, I've seen a huge increase in my confidence, both professionally and personally, thanks to the support systems in place. Every day brings something new, and I'm constantly learning and growing.





Rebecca Gilligan

Head of Project Management, Ardee

I am a native of County Kildare, where my passion for horses and animals has been long-standing. After beginning my professional career as a veterinary nurse, I moved into the Food Industry in 2019, taking on roles ranging from Graduate to Lean Management Executive and ultimately to Head of Project Management for ABP Ireland and Poland.

During my time at ABP, I have earned a PGDip in Food Safety Management and an MSc (Black Belt) in Lean Six Sigma. ABP have provided me with numerous opportunities for growth and development and have supported and encouraged me throughout my journey.

I find my job to be immensely rewarding and stimulating as no two days are ever the same. I am afforded the chance to work with a variety of teams and gain exposure to all aspects of the business.

Martina Lynam

Administrator, Navan

I have worked for Irish Country Meats/ABP for the last 6 years. I started off in Creditors and I was always encouraged to improve my skill set.

Over the last 6 years I have worked in various rolls & departments within the company including Quality Control, Production, and Customer Service, I have worked hard to showcase my skills and share my expertise within the business.

I have also been recognised for my Customer Service skills, while always going above and beyond to ensure that customers are satisfied with their purchases.

I always find the time to pursue my passion for cooking outside of work. I am known for my delicious home-cooked meals, and I often shares my recipes with family and friends.





Michelle Quinn

HR Manager, Bandon

I'm the HR Manager at ABP Bandon.

I obtained an Honours Degree in Human Resource Management minoring in Organisational Psychology from the University of Limerick in 2018.

I began my journey at ABP Bandon in April 2021 as a HR/ Payroll Administrator and was quickly promoted to HR Manager in November 2022.

I have had a fantastic experience working in ABP to date. I've had exposure to all aspects of HR, and the experience I have gained will only help in furthering my career. I have made unforgettable bonds with people and friends for life. I can't wait to see what ABP has in store for me over the coming years.

Nathalie Smith

Quality Assurance, Clones

I'm from County Cavan and I'm currently working in the Quality Department of ABP Clones.

After graduating from DIT with a degree in Environmental Health, I began working at ABP Clones as a QA Assistant in 2012.

In 2015/2016, I was approached to see if I was interested in the Quality Manager role, and I happily accepted and have been in this role ever since.

I'm passionate about the company and look forward to coming to work every day. I was fortunate enough to have lots of support and guidance when I first began.

I really enjoy working in a team-oriented environment. I don't just have work colleagues, I have made friends for life.





Linda Coady

CPM Trainer, Cahir

I had been working in the hospitality industry for over 20 years and I had the opportunity to get supervisory management training in my native Dublin.

After so many years, I was ready for a change and in 2013, I decided to join ABP. I am proud to be their training officer because I get to do what I do best – help, train and educate our colleagues.

ABP is a great place to work because there are so many different departments and the possibilities for learning are endless. ABP offers great options to anyone who is looking for an interesting career.

I'm excited for all the opportunities that ABP has in store for me in the future.



Emer Hughes

Assistant Quality Assurance Manager,
Slaney

After receiving my BSc. in Food Science from UCD in 2017, I was lucky enough to join the QA Department that same year as a Graduate. I then decided to study part-time for a MSc. in Food Safety Management from TUD, which I successfully completed in 2019.

At the start of 2020, I was given the opportunity to take on the role of Assistant QA Manager, which I'm still in today.

I'm thankful to be working in QA as each day brings something different and I'm fortunate to be part of a great team.

Aoife Dillon

Financial accountant, Slaney

I grew up in a small village in Co. Wicklow and worked in manufacturing during my summers whilst still at school and college.

After graduating from Waterford IT in 2016 with an Honours Degree in Business, I applied for an Accounts Assistant position at ABP Slaney the following year. With the help and encouragement of my manager and colleagues, I started studying for my accountancy exams and eventually earned a promotion to Financial Accountant.

Working at ABP Slaney has been an incredibly rewarding experience. Not only have I gained invaluable experience in my role, but I've also been able to build strong relationships with my colleagues who have become true friends. I'm so thankful to be part of such a supportive and friendly team.





Mandy Knigge

German Sales Executive, Camolin

I'm originally from Germany and moved to Ireland in 2018. I studied Veterinary Nursing, Agricultural Science and Agribusiness.

I joined the ABP Graduate Programme in 2018 and worked in the Boning Hall, Abattoir and Dispatch. I've been part of the German Sales Team since December 2018.

Despite the difference in language, my colleagues were very helpful. Overall, the work environment at ABP is great.

Caoimhe Cullen

Technical Manager, Camolin

I am a Beef & Sheep farmer from Co. Kilkenny and graduated from UCD with a degree in Agricultural Science in 2014.

I joined the ABP Graduate programme in September of that year. During my time on the programme, I moved around various ABP sites, gaining valuable experience and insight into the industry.

In 2017, I joined Irish County Meats in Camolin and have been Technical Manager there ever since.





Emma Harney

NPD Technologist, Camolin

After finishing secondary school, I knew I wanted to continue my passion for food, so I pursued a degree in Culinary Arts., working as a professional chef for 9 years.

After learning of the quality of Irish food, I wanted to gain a work-life balance and decided to study a degree in Food Science with Business.

During my degree, I had the opportunity to do a work placement at Irish Country Meats, and after completing my degree, I was offered a place on their Graduate Programme. This gave me an opportunity to develop my skills and find the area of the business that was the best fit for me.

Following my year as a graduate, I was offered a full-time role in New Product Development. I have been in this role for almost four years. During this time, I have had great support and have had the pleasure of working with some incredibly passionate and strong women.

Catherine Doyle

General Operative, Camolin

I'm originally from Carrigeg, Craanford Gorey and grew up in a farming community. I began my career in ICM back in February 1999, as my brother had worked here for years.

I started out in the Boning Hall, packing, but soon moved to the scales. In 2006, I was transferred to the Retail Room, and in 2016 I was promoted to the role of Supervisor. Though I had to step back from that role in 2021 due to family commitments, I am now working as a General Operative.

There have been so many changes since I started, particularly in terms of the focus on training and staff wellbeing. It truly feels like a family.





Anna Kavanagh

Carcass Grader, Camolin

I'm originally from Gorey, and I attended Gorey Vocational School. Before I began working in Irish Country Meats 25 years ago, I spent 18 years with Arklow Pottery.

I've seen a lot of positive changes in the industry over the past 25 years. When I first started, I was the only female in the Abattoir. On my first day, I made a friend who I still get to catch up with over tea every day.

In my free time, I'm an amateur photographer who enjoys capturing the beauty of wildlife and flowers, as well as gardening.

Irina Dasheva

Retail Packing Room Manager, Camolin

In 2006, I left my home in Bulgaria with the intention of living in Ireland for a short period of time. I found employment at ICM in April of that same year, along with some friends. I started out in the Boning Hall, then moved to Retail. After nine years I was promoted to supervisor in 2015 and, in 2022, was promoted again to manage the Retail Packing Room.

I am fluent in multiple languages which I use often to help with induction and training. Over the years, I have formed strong bonds with my colleagues and now consider Ireland my home and a place where my family and I belong.





Paulina Ostrowska

Supervisor, Waterford

I am from Poland and have been part of the ABP Team since December 2017, working in the Packaging Area.

In the spring of 2020, I was rewarded with a promotion to a Supervisory Role in the Packaging Area.

Being part of this team has allowed me to grow and develop, while also connecting with people from various countries, and of course, learning English.

Ausra Dinapiene Mockiene

Line Leader, Nenagh

I'm from Lithuania and I've been living in Ireland for 16 years. During this time, I have had the pleasure of making great friends in the workplace and I've had the chance to work in a variety of different places, such as CPM and the Box Room.

Right now, I'm working in Retail, taking orders. It's a job I really enjoy and I'm grateful for the opportunity it has granted me.

I've been able to use my skills and experience to help my colleagues and customers, which I'm incredibly proud of. I'm looking forward to what the future holds in store.





Florentina Parcelea

Offal Room, Nenagh

I am originally from Bucharest, Romania and I moved to Ireland in 2004 with my family. I started working with ABP in 2017, in the Red Offal Department. My job is mainly packing and labelling products.

I have been truly blessed to work here and have had the opportunity to make many friends and work with a great team. The management are very supportive and always on top of things, making sure that everything is running smoothly.

I am grateful to be a part of the ABP family and look forward to the years ahead.

Georgia English

HR Manager, Waterford

I'm originally from Tipperary and now work as the HR Manager at ABP Waterford.

I originally studied Animal Management at Cork Institute of Technology, and then decided to combine it with a Bachelor's in Business where I discovered my passion for HR. After graduating in 2021, I joined ABP and my experience so far has been truly amazing.

Being in HR gives me the opportunity to gain exposure to a variety of departments within the company.

Each day brings something new and exciting.





Claire Power

Boning Hall Accountant, Waterford

I have been a proud member of the ABP family for 15 years now. It all began when I was 19, when I started in the Shipping Department.

Over the next 10 years, I worked in a variety of roles, including reception, payroll, and cattle payments. After 9 months away, I returned to ABP and took a role in Accounts Payable, while also studying part time.

After 3 years, I had my second baby and was promoted to Boning Hall Accounts, where I am happily working to this day. I am delighted to be part of the ABP Team and to have been here for so long.

Jayne Clarke

Maintenance Administration, Waterford

I am from Waterford and have been employed with ABP for the past 11 years. I obtained a Higher Certificate in Business from Waterford Institute of Technology and began working for ABP during the summer months, which later developed into a full-time position.

I have cross-trained in various departments, such as Shipping and Cattle Payments, and have been working in Maintenance Administration for 3.5 years.

What I appreciate most about ABP is the flexibility on offer to colleagues, especially those with young families. ABP also has a great social side to it - I have made numerous friends during my time here.



