Councillor Cahill was born in Ballintemple in Cork City and at the age of 21 as a 5th generation butcher he went on to set up his own business. He ran that business of a butchers shop, delicatessen and outside catering company for the next 23 years. That business closed in 2014 and while Councillor Cahill went through an insolvency process he still remains involved in the catering industry. Based on his own personal experience he is a strong advocate of the insolvency process and has a lot of interaction and continues to work with people who are going through a similar process.

As a member of Fine Gael, the current political party in Government in Ireland, he entered politics and was first elected to Cork City Council in 2009 where he headed the vote in his constituency and was subsequently re-elected to Cork City Council in 2014. Councillor Cahill had the honour of being elected as Lord Mayor of Cork and during his term of office in 2016-2017 as Lord Mayor of Cork he consistently advanced the theme of positivity and positive mental health.

Hailing from Cork City which has a history steeped in sport, Councillor Cahill has always been a keen supporter of sport. He is a lifelong follower of rugby and he and his brothers played rugby throughout their school and college days and beyond with their local club. Both of his children participate in a variety of sports.

Cllr Cahill is an active Member of the Roads & Transportation, Environment & Recreation and Finance Functional Committees of Cork City Council. He is also a member of the Housing & Community Strategic Policy Committee.

Cllr Cahill spoke last year at the Shanghai Conference on Health Promotion in the SDGs.