


Ann Gomez

, BSc, MBA.

SPEAKER | AUTHOR | FOUNDER



 www.clearconceptinc.ca

Ann Gomez is the founder of global training company Clear Concept Inc., and a USA Today bestselling author. Ann is passionate about helping people do their best work at all stages of their career.

Ann and her team at Clear Concept work with people around the world and across industries, including law, finance, insurance, healthcare, consumer goods, and automotive.

An engaging speaker, Ann leads inspiring and thought-provoking workshops and keynotes, and has 20 years of experience delivering compelling and practical talks about productivity, collaboration, mindset, and wellbeing.

Ann is the bestselling author of *The Email Warrior* and a contributing author of *The Younger Self Letters*. Ann has been featured in The Globe & Mail and has appeared on CBC Radio, Global TV, BNN and other major news outlets and online platforms, including Thrive Global. She is an active blogger and media spokesperson and is the 2021 winner of the Women Business Enterprises (WBE) Canada Leader Award.

Prior to founding Clear Concept Inc., Ann was a Management Consultant with A.T. Kearney. Earlier in her career, Ann was a pharmaceutical representative and a research coordinator.

Ann obtained an MBA from Queen's University where she was the President of the MBA class. Ann also has an Honours Bachelor's Degree in Science (Biology and Psychology) from McMaster University.

Outside of work, Ann and her husband love spending time with their four active kids.

Ann's new book, *Workday Warrior: A Proven Path to Reclaiming Your Time*, will be published in 2022.

Connect with Ann @clearconceptinc on [LinkedIn](#), [Instagram](#), [Facebook](#), [Twitter](#), & [YouTube](#).