



Jacques Goulet

Executive Chair, Sun Life Canada

Jacques Goulet is Executive Chair of Sun Life Canada, helping Sun Life deliver on key strategic priorities, both in Canada and at the Enterprise level.

Jacques joined Sun Life in 2018 as President, Sun Life Canada, and led the organization through significant growth and transformation. He is a purpose-driven leader committed to developing people, building strong teams, and raising the bar on Client outcomes. Throughout his tenure he focused on helping Clients to achieve lifetime financial security and live healthier lives through initiatives that include the creation of a Client Experience Office, launch of Sun Life Health, and the launches of Sun Life One Plan and Prosper by Sun Life.

Prior to joining Sun Life, Jacques had a 29-year career at Mercer where he held a variety of leadership roles in Canada, Europe and most recently the United States. As President, Health and Wealth at Mercer, he was responsible for the firm's global retirement, health, investment consulting, and investment management businesses, serving Clients in more than 100 countries around the globe.

In 2024, Jacques was elected Chair of the Board of Directors of the Canadian Life and Health Insurance Association (CLHIA). He also sits on the Board of Directors for the Montreal Heart Institute Foundation and is a Campaign Cabinet Member for the Center for Addiction and Mental Health (CAMH) Foundation's 'No One Left Behind' campaign, which strives to raise funds to help change mental health research and care forever. Jacques has a passion for mental health which is evident both through his activism in the business community and his commitment to improving access to mental health care in Canada.

Jacques is originally from Shawinigan, Quebec. In 2018, Jacques received the 50th Anniversary Tribute Medal from the Ministry of International Relations and La Francophonie for his contribution to Quebec's international influence during his career. In 2016, he was awarded the Maple Leaf Award of Distinction from the Canadian Association of New York. Jacques was also named CEO of the Year – Large Company, by Les Affaires in 2021. The award honours leaders who inspire their teams and drive business growth.

Jacques holds a Bachelor of Science in Actuarial Science from Concordia University and is a Fellow of both the Society of Actuaries (FSA) and the Canadian Institute of Actuaries.



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