



Mary Forrest

Member of the Board of Directors

Nationality: Canadian, Greek and British overseas territories citizen

Born: 1965

Skills and experience

Mary Forrest has over 35 years of experience in the insurance industry, demonstrating proven leadership in driving growth, and delivering strong commercial and operational results. Until March 2026, Ms. Forrest was president and CEO, Munich Re, North America (Life and Health), leading its Life and Health reinsurance operations in the U.S., Canada and the Caribbean. She was responsible for strategy, financial results, growth and profitability for all lines of life and health business including individual life, living benefits and group reinsurance. Her role as President and CEO North America Life began in 2008. In February 2017, the mandate was expanded to include U.S. health, at which time she assumed responsibility for the future strategic direction and integration with the U.S. health operations. From 2020 to February 2026, her duties included serving as Chairman and CEO, Munich Re of Bermuda Ltd. Having joined Munich Re, Canada, in 1991, her roles up to 2008 included serving as executive vice president, Individual life services in Canada. She joined the boards of Zurich Insurance Group Ltd and Zurich Insurance Company Ltd in April 2026.

Committee membership

Risk and Investment Committee

Other directorships within the Group

Zurich Insurance Company Ltd

External appointments

None.

Educational background

Ms. Forrest received a bachelor of science in actuarial science at the University of Toronto in 1986. She became a Fellow of the Canadian Institute of Actuaries and a Fellow of the Society of Actuaries in the U.S. in 1992.

