

Marianne Perreault

A broader map of work, study, language, assessments, projects, and experiential learning.

HOW TO READ IT

This version keeps the conventional career layer visible, while also including independent studies, lived learning, languages, and assessment-based signals that explain how I think and build.

PAID WORK

PAID WORK
2017 - 2019

Customer Support Technician - GIRO

I entered the professional world at 18 through technical support, serving international enterprise software clients in French and English.

Through remote and on-site mandates in Canada and Europe, I learned how technology exists inside real organizations, with real people, constraints, frustrations, and cultures.

I installed and supported enterprise software, travelled to France and Belgium to assist clients, wrote bilingual documentation, and helped train new employees.

PAID WORK
2019 - 2021

Technical Analyst - GIRO

My role evolved into a broader technical and organizational position connecting software, operations, legal requirements, and knowledge management.

I coordinated internal and outsourced teams, developed internal tools, contributed to cloud and GDPR documentation, created testing plans, and built knowledge systems.

PAID WORK
2021 - 2022

Analyst Programmer - Gestisoft

At Gestisoft, I held a hybrid role between technology, operations, and organizational development during a period of growth.

I contributed to strategic planning, coordinated technical priorities, improved internal processes, designed onboarding systems, strengthened knowledge management, and supported client relationships.

PAID WORK
2022 - 2023

User Experience Designer - Université du Québec

As an independent UX design consultant, I contributed to the reconstruction of large and complex legacy enterprise applications.

I designed interfaces and prototypes, conducted user interviews, collaborated with developers and analysts, and advocated for user-centered design practices.

PAID WORK
2022 - 2024

Independent Consultant - Marianne Perreault Enr.

Through my own consulting practice, I worked with technology organizations on user experience, business analysis, operations, and human development.

My mandates included designing internal software, translating human needs into technical requirements, supporting strategic decisions, leading UX research, participating in hiring processes, and providing professional coaching with written recommendations to leadership.

PAID WORK
2022 - 2024

Professional Coach - SCAL Informatique

I accompanied an IT consulting startup's employees through professional growth and self-reflection, bringing together my interests in psychology, communication, and organizational systems.

PAID WORK
2025 - Present

Airbnb Superhost

Through our basement Airbnb suite, I welcome travellers from around the world into my home. I regularly have fulfilling conversations with strangers from different countries, cultures, and professions.

PROJECTS

PROJECTS
2024 - 2025

Heartfelt words

Heartfelt Words was a collection of tales accessible through an e-learning platform powered using Shopify.

These tales aimed at teaching adults and teens concepts of psychology and self-development, spanning from communication and self-esteem to cognitive biases or intrinsic motivation.

The project was later shut down after the project's scope exceeded sustainable solo-founder capacity, following an early shift in co-founder availability. The tales have since been published online as a free resource.

PROJECTS
2022 - Present

Farmvania

Long-running animal, farming, and sanctuary-themed game concept.

It evolved from a farming and trading concept toward a cooperative, ethical, biodiversity-oriented, sanctuary and permaculture game.

It still has a lot of work needed before release and I might decide to simply publish the assets as a public collection instead. It spans more than 300 high-quality digital illustrations by me and a custom-programmed card generator that works from a Directus database to generate printable assets.

PROJECTS
2026 - Present

Idea garden

This website is a public collection of hundreds of idea-notes that I encountered, formulated, imagined or interacted with.

They are meant to inspire and elicit curiosity in other intellectuals. They were distilled from my personal notes, artefacts and conversations using AI.

PROJECTS
2025

Sapience

Sapience was a systems thinking blog meant to expose large concepts with a simplified vocabulary and examples.

The tone is lyrical and the articles are short. The blog has since been retired in favor of the Idea Garden.

PROJECTS
2025 - Present

AI helpers

My AI helpers are a collection of custom GPTs and prompt systems, including tools to learn new ways of living, challenge assumptions, reduce sycophancy or teach specific mindsets.

I also developed simpler tools to generate uniform brand copy, reduce manual labour in knowledge tasks, build products or prepare market research plans. They span personal and professional realms.

PROJECTS
2026

Social Media Paradox

Social Media Paradox is a bilingual interactive learning experience about social media, wellbeing, attention, platform incentives, and healthier public choices.

The project maps social media as a system rather than only a personal habit, showing how human needs, creators, platform companies, governments, recommendation algorithms, advertising revenue, engagement goals, wellbeing risks, and regulation interact.

It invites visitors to ask what social media might look like if it were optimized for people's happiness, and to imagine healthier platform design, public policy, community life, and personal choices.

PROJECTS
2026

Language immersion extension

This is a personal Chrome extension I developed to simulate linguistic immersion in my browser.

It automatically translates a page and keeps the source language as blurred lines which show the source text on hover, allowing for natural exposure even with a very limited vocabulary in the target language.

EDUCATION

EDUCATION
2003 - 2014

International program

From primary school through my first three years of high school, I was enrolled in a highly competitive international program emphasizing global perspectives, cultural openness, and additional language learning.

EDUCATION
2016

High School Diploma and Governor General's Academic Medal

I completed my high school diploma with the highest academic average in my school, receiving the Governor General's Bronze Medal.

EDUCATION
2013 - 2016

Diploma of Vocational Studies - IT Support

At 15, I entered an accelerated pathway combining my final two years of high school with a vocational diploma in IT support.

The program introduced me to computer systems, networking, databases, programming, technical troubleshooting, telecommunications, and customer support.

More importantly, it brought me into the professional world at a young age and started a journey through technology, software, consulting, design, and entrepreneurship.

EDUCATION
2017

Diploma of Collegial Studies - Business Computing (incomplete)

I briefly studied Programming at Collège de Rosemont in Montréal before choosing to go work in a company instead.

The experience taught me that I learn best through complexity, real-world problems, autonomy, and rapid application.

EDUCATION
2024

Mon Commerce en Ligne - École des entrepreneurs du Québec

I completed the Mon Commerce en Ligne (My E-commerce) program, combining personalized coaching with self-paced training on e-commerce strategy, digital tools, marketing, and online business development.

I enrolled in this program with my Heartfelt Words project.

EDUCATION
2026 - Present

Bachelor of International Political Economy

After nearly a decade working in technology and entrepreneurship, I'm returning to university to study the systems that shape societies.

International Political Economy allows me to bring together long-standing interests in economics, politics, technology, culture, psychology, and systems thinking.

I hope it will allow me to apply my thinking to hard problems with other curious minds and allow me to contribute to the world of academia.

EDUCATION
2026 - Present

Opinion Writing Course - Columbia+

I am completing an opinion writing course through Columbia+, exploring how to transform complex ideas, personal experiences, and societal observations into clear public writing.

As someone who has always used reading as a way to understand the world, this course helps me develop the craft of turning reflection into pieces that can participate in broader social conversations.

INDEPENDENT STUDIES

INDEPENDENT
STUDIES
2020 - 2022

Independent technical learning

Throughout my career, I continuously pursued self-directed learning through LinkedIn Learning, Pluralsight, and freeCodeCamp.

My studies covered software architecture, APIs and web services, object-oriented programming, Python, C#, JavaScript, HTML, CSS, responsive web design, algorithms, data structures, software testing, quality assurance, and modern development practices.

This continuous learning allowed me to move between technical support, programming, analysis, CRM development, and broader technology strategy.

INDEPENDENT
STUDIES

Psychological healing, inner work and personal change

The Body Keeps the Score - Bessel van der Kolk, MD
Feeling Good - David D. Burns, MD
No Bad Parts - Richard C. Schwartz, PhD
Inner Work - Robert A. Johnson
The Courage to Be Disliked - Ichiro Kishimi and Fumitake Koga

Untangle Your Anxiety - Joshua Fletcher
The Happiness Advantage - Shawn Achor, MA
Rejection Proof - Jia Jiang, MBA
Designing the Mind - Ryan A. Bush

INDEPENDENT
STUDIES

Neurodivergence, self-knowledge and accessible living

The Autistic Guide to Self-Discovery - Sol Smith
Divergent Mind - Jenara Nerenberg
Empowered Women with ADHD - Linda Roggli, PCC
Le Profil Asperger au féminin - Isabelle Hénault, PhD
Your Rainforest Mind - Paula Prober, MS

Women and Girls on the Autism Spectrum - Sarah Hendrickx
How to Keep House While Drowning - KC Davis, LPC
ADHD Money - Tina Mathams

INDEPENDENT
STUDIES

Embodiment, simplicity and ways of living

The F*ck It Diet - Caroline Dooner
The Four Agreements - Don Miguel Ruiz, MD
Good Sugar Bad Sugar - Allen Carr
How to Eat - Thich Nhat Hanh

The Omnivore's Dilemma - Michael Pollan, MA
The Prophet - Kahlil Gibran
The Subtle Art of Not Giving a F*ck - Mark Manson

INDEPENDENT STUDIES	Intimacy, sexuality and attachment Bliss Club - Jüne Plä The Ethical Slut - Dossie Easton, LMFT and Janet W. Hardy The Jealousy Cure - Robert L. Leahy, PhD Polysecure - Jessica Fern, MS	The State of Affairs - Esther Perel, MA, LMFT Sex at Dawn - Christopher Ryan, PhD and Cacilda Jethá, MD What Is Compersion? - Marie Thouin, PhD
INDEPENDENT STUDIES	Communication, family and social bonds Nonviolent Communication - Marshall B. Rosenberg, PhD How to Know a Person - David Brooks How to Win Friends and Influence People - Dale Carnegie	Read People Like a Book - Patrick King The Panic Years - Nell Frizzell Raising Children Compassionately - Marshall B. Rosenberg, PhD All the Rage - Darcy Lockman, PhD
INDEPENDENT STUDIES	Attention, persuasion and collective sense-making The Anxious Generation - Jonathan Haidt, PhD Co-Intelligence - Ethan Mollick, PhD Hooked - Nir Eyal, MBA	How to Win the War on Truth - Sam Spitalé The Storytelling Animal - Jonathan Gottschall, PhD All Marketers Are Liars - Seth Godin, MBA
INDEPENDENT STUDIES	Decolonialism and possible futures Braiding Sweetgrass - Robin Wall Kimmerer, PhD Brave New World - Aldous Huxley Fahrenheit 451 - Ray Bradbury 1984 - George Orwell	The Fifth Science - exurb1a Klara and the Sun - Kazuo Ishiguro A Psalm for the Wild-Built - Becky Chambers A Prayer for the Crown-Shy - Becky Chambers
INDEPENDENT STUDIES	Business, startups and market creation The 22 Immutable Laws of Marketing - Al Ries and Jack Trout The Boron Letters - Gary Halbert Cashvertising - Drew Eric Whitman The Lean Startup - Eric Ries	The Mom Test - Rob Fitzpatrick The Personal MBA - Josh Kaufman The Serious Business Owner's Guide to Doubling, Tripling, and Quadrupling Sales - George Mittias Zero to One - Peter Thiel, JD
INDEPENDENT STUDIES	Money, economics and financial agency We Should All Be Millionaires - Rachel Rodgers, JD How to Lie With Statistics - Darrell Huff, MA The Psychology of Money - Morgan Housel The Soul of Money - Lynne Twist	Freakonomics - Steven D. Levitt, PhD and Stephen J. Dubner The 4-Hour Workweek - Timothy Ferriss
INDEPENDENT STUDIES	Design, knowledge and intentional systems The Design of Everyday Things - Don Norman, PhD Building a Second Brain - Tiago Forte The Decision Book - Mikael Krogerus and Roman Tschäppeler The Get Things Done Book - Mikael Krogerus and Roman Tschäppeler	The 12 Week Year - Brian P. Moran and Michael Lenington The Life-Changing Magic of Tidying Up - Marie Kondo The Curated Closet - Anuschka Rees
INDEPENDENT STUDIES	Intellectual community I regularly entertain intellectual conversations with friends, mentors, and peers across disciplines and countries. Through high-quality moments with scholars, entrepreneurs, autodidacts and other curious minds, I keep encountering new cultural knowledge, philosophies and domain-specific knowledge that allow me to shape how I see the world.	

INDEPENDENT STUDIES

Art practice

I started drawing in primary school and continued developing my practice into adulthood, gradually integrating acrylic painting, watercolor, digital illustration and pixel art.

I attended watercolor classes with painter Jocelyne Bouchard and continued studying both traditional and digital mediums independently.

My artistic work has included paintings, portraits, character illustrations, environment art, pixel art, game assets and digital illustrations for personal projects, gifts, causes and occasional paid work.

My main digital art tools have included Photoshop, Paint Tool Sai and Aseprite. Through them, I explored character design, perspective, values, color theory, composition, portraiture, environment art and pixel art. I also briefly explored basic 3D modeling through Blender, ZBrush and VR tools.

INDEPENDENT STUDIES

Design foundations

My design foundations grew out of years of visual art practice, then became more intentional as I moved toward UX/UI design and digital product work.

I studied visual principles such as contrast, color theory, composition, information hierarchy, typography, layout and interface design, connecting artistic judgment with practical communication.

My design tools have included Photoshop, Canva, Illustrator, Affinity Vector and UX/UI tools such as Figma or iterative front-end development, depending on the project context.

My artistic background made the transition into UX/UI design more natural: I already understood visual balance, hierarchy, readability, composition and audience perception, and only needed to deepen the more product-specific parts of interface design.

EXPERIENTIAL LEARNING

EXPERIENTIAL LEARNING

Depression and moral reconstruction

From 13 to 18, depression became one of the first deep philosophical experiences of my life.

Animal cruelty, injustice, hunger, and human violence felt morally unbearable to me, and for a long time, I could not understand how to love humanity inside a world capable of so much harm.

That period shook the foundations of my morality for these years and many afterwards. I explored nihilism, psychology, philosophy, and the limits of meaning as survival questions.

Today, I do not feel like depression is a place I can return to in the same way. Not because life became simple, but because I built a worldview strong and flexible enough.

EXPERIENTIAL LEARNING

Caregiving and death of a parent

Being a caregiver for a dying parent at 24 brought me into intimate contact with illness, grief, mortality, and the societal systems surrounding death.

I stopped working and spent a lot of time at the hospital. It was a lesson in capacity, emotional connection, and the way connection changes when nearing death.

I was alone in the room when my parent died. That moment changed my relationship to life, permanence and responsibility.

Afterward, I handled the bureaucracies that follow a death: documents, assets, decisions, logistics, and the material remains of a human life.

EXPERIENTIAL
LEARNING

Religious embodiment in an ashram

I grew up secular, so spending time in an ashram became an embodied exploration of religion rather than a return to a tradition I already knew.

I prayed, sang, meditated, practiced yoga, volunteered, walked in silence, and observed how people related to the place, the community, the rituals, and the sacred.

Chanting religious texts with a group showed me how spirituality can move through bodies, voices, rhythm, repetition, and belonging.

It helped me understand in an embodied way why ritual matters.

EXPERIENTIAL
LEARNING

Colonialism in Hawai'i

Hawai'i became one of my first direct encounters with colonization as a living system rather than a historical concept.

I read about its history, spent time with native and non-native inhabitants, and tried to understand a society shaped by tourism, military presence, ecological fragility, displacement, and cultural survival.

I spoke extensively with an organic farmer, an ornithologist, and a Hawaiian language teacher.

That trip taught me that a place's touristic branding isn't always showing everything.

EXPERIENTIAL
LEARNING

Japan's infrastructure observation

Japan was my first embodied encounter with East Asia.

I watched Tokyo's density, public transit, cleanliness, quietness, and the choreography of everyday life with fascination.

Japan made me feel how deeply infrastructure shapes culture: transportation, cleanliness, space, silence, and density were part of a whole way of organizing collective life.

EXPERIENTIAL
LEARNING

Southern Italy and Mediterranean culture

Southern Italy became my first intimate encounter with Mediterranean culture, through travel and a long-term intercultural relationship.

It brought me into contact with different assumptions around family, gender roles, food, beauty, status, the body, sport, competition, and everyday pleasure.

I observed the importance of family as a social structure, the ethics around food and wine, and the tensions between tradition, consumerism, and modernity.

EXPERIENTIAL
LEARNING

Belgium and my first business trip abroad

Belgium was my first business trip outside Canada, and it shifted my perspective forever.

I was struck by the overwhelming presence of biking as a means of transportation, different body norms, and the way public life and environment design seemed to value movement differently than back in Canada.

Seeing an artistic advertisement featuring a woman with a naked torso also made me question how much religious heritage continues to shape body taboos, even in secular societies.

EXPERIENTIAL LEARNING

Florida and the American warmth

Florida exposed me to a mix of Latino and English-speaking cultures, but what marked me most was the social warmth I felt from Americans more broadly.

People said hello easily, started conversations casually, and interacted with strangers in a way that felt much more at ease than what I had often experienced in Québec.

Conversations about American politics also helped me remember that political beliefs often carry simple needs inside them: affordability, dignity, safety, recognition, and relief.

LANGUAGES

LANGUAGES

English

C2 certified in English through the Duolingo English Test, with a score of 160.

I use English comfortably in professional, academic, creative, and intellectual contexts.

LANGUAGES

French

French is my native language.

I completed secondary-level French with strong results, including 95% in Secondary V and 92% in Secondary IV.

LANGUAGES

Languages I'm exploring

Beyond French and English, I have an ongoing curiosity for languages as doors into different ways of seeing the world.

I have beginner foundations in Italian, shaped by immersion and family proximity; Spanish, first introduced through several years of school; German, through a few months of classes and self-study; and Swedish, through early independent exploration.

I hold these languages less as finished skills and more as living invitations into other ways of thinking.

ASSESSMENTS

ASSESSMENTS

Neuropsychological profile

A neuropsychological assessment revealed a highly heterogeneous cognitive profile, with particular strengths in perceptual reasoning, abstract problem solving, and conceptual thinking.

My strongest abilities lie in identifying patterns and understanding complex systems.

The assessment did not identify a neurodevelopmental disorder, but highlighted a long-standing atypical cognitive profile and a tendency to experience social difference.

ASSESSMENTS

Psychometric profile

A confidential professional psychometric assessment placed my general cognitive aptitude in the high range of its normative sample (STANINE 8).

It highlighted particular strengths in numerical reasoning, spatial orientation, verbal reasoning, deduction, and analogical reasoning.

CliftonStrengths

My top five CliftonStrengths are Empathy, Positivity, Ideation, Developer, and Learner.

They describe the way I most naturally move toward people and ideas: by feeling into human experience, looking for possibility, generating connections, noticing potential, and continuously learning.