MEDIA & PODCAST ONE-SHEET

Clemens Wan

Author of *My Life in Lists of 30* (2015) and *Our Life in Lists of 30* (2024). Technologist, co-founder of Wanessa Labs, and the guy who writes lists of 30.



BIO

Clemens has written 500+ blog posts and hundreds of lists of exactly 30 items, a habit that started with a 30 day challenge in 2012. Two of those lists-of-lists became books: a memoir of his 20s in travel, food, and career, and a memoir of his 30s in blockchain, marriage, and parenthood, co-written with his wife Vinessa.

He's spent 10+ years bridging engineers and everyone else: developer to architect at Credit Suisse, Solution Architect and Director at R3, and ~8 years at Consensys, most recently as Head of Marketing and AI for DIN. He co-founded Wanessa Labs in 2026.

FAST FACTS

- Cooper Union, BE + MEng Electrical Engineering
- TEDx speaker and organizer
- Toastmasters since 2010
- Traveled to 52 countries
- Based in Denver, Colorado

CONTACT

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30 TOPICS, TAKES, AND STORIES

1. Why I write everything in lists of 30
2. The 30 day challenge that started it all (and the Mayan calendar)
3. What 500+ blog posts taught me about writing
4. How to finish a list when you're stuck at item 22
5. Turning a blog into two books
6. Co-writing a book with my wife
7. From developer to architect at Credit Suisse
8. Blockchain buzzwords, 2015 to 2023
9. What R3 and Consensys taught me about hype cycles
10. Leaving a job after ~8 years to build my own thing
11. Using AI as a writing assistant without losing your voice
12. Building Clembot, my personal AI system
13. 30 things to do in your first 30 days at a new job
14. Small talk tips for engineers
15. Giving a TEDx talk
16. What Toastmasters teaches that school doesn't
17. Micro resolutions: little actions, big changes
18. Travel tips from 52 countries
19. The Bad Idea Bears travel crew
20. Cooking as a love language
21. Parenting lists: from nesting to toddler calming
22. Things I want to teach my daughter
23. Your 30 under 30, revisited at 40
24. Daydreaming as a productivity tool
25. The happiness jar
26. Random Observations/Comments: the shower-thought format
27. Why item #30 is always the hardest
28. Self-publishing on a zero budget
29. Lists as a memoir format
30. How to write your own life in lists of 30