Born in Quebec City and raised in Montreal, Gary O'Meara earned an AB degree in History from Princeton University in 1976. He has a Certificate in French from the Sorbonne in Paris, where he also worked as an educational consultant. His career has taken him to the United States, Canada, England, and France. He was Upper School Head at Royal St. George's College in Toronto, Founding Headmaster of Lycee Cambridge in England and Headmaster of Lycée Canadien en France. From 1996-2017, he was the Headmaster of Armbrae Academy in Halifax.

He wrote the Senior Economics Course Guidelines for the Ontario Ministry of Education in the 1980s; was a member of the development project for the Advanced Placement Macroeconomics course for the College Board; was a member, in the mid 80s, of the pilot project for the Canadian Educational Standards Institute, now CAIS; was the Director of summer enrichment programs in Oxford, Cambridge, Paris, and Nice; was the Founding European Director for "Global Vision", a joint project of the Federal Government and major Canadian corporations; and he presented a paper on "Improving Education in Canada: Historical Perspectives and Lessons from Abroad" at King's College, University of Cambridge at an annual conference of the British Association for Canadian Studies.

In Halifax, he was a member and Chair of the Advisory Committee to the Department of Education at Mount St. Vincent University until 2001 and, since 1999, has been a member of the Board and Finance Committee of Adsum House (a shelter for women and children). He has chaired and been a member of many CAIS Visiting Committees and recently presented a session on Strategic Planning at the CAIS Heads and Chairs Conference. Gary was a member of the CAIS Strategic Planning Committee and is currently a member of the CAIS Evaluation Council. He was recently awarded a CAIS Art of Leadership Award in 2017 for having 1) mentored others; 2) having an influence that extends beyond one's current school; 3) been nominated by one's peers; and 4) have an influence that extends beyond one's home province.

His interests include travel (especially Italy!), art, architecture, running, cooking, and wine.