



# Christophe Foulon

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Christophe Foulon is an experienced and skilled cybersecurity professional with a proven track record of managing and overseeing an organization's information security strategy and operations. He specializes in identifying, assessing, and mitigating security risks, ensuring compliance with regulatory requirements and industry best practices, and enabling business growth through technology. Proficient in developing and implementing security controls and risk mitigation strategies, Chris manages incident response and disaster recovery programs and educates employees on information security best practices.

Cybersecurity chose Chris! As a child, he always loved to help people do things safely with technology, and as he grew into a business, that passion continued. He enjoys the challenge of identifying secure methods to accomplish tasks and effectively communicating these methods to customers to encourage their adoption. Although the easiest way is only sometimes the safest, people tend to gravitate towards the most effortless option once it becomes secure.

Experienced in marrying strategy and execution, Chris' extensive knowledge and expertise have enabled him to guide numerous organizations through the constantly changing cybersecurity landscape and create successful security plans. An innovative thinker, he'll architect strategy while being tactical and hands-on in operational processes. Humble, he leads and conducts business with ethics and integrity.

In addition to responding to breaches and managing threats, Chris is adept at aligning security strategies with business objectives and allocating resources efficiently. His sound understanding of business operations contributes to his success in this role.

Chris' forte is expertise in early detection and communication of potential security threats, preventive measures, and security roadmaps. This is achieved through his ability to identify, analyze, and evaluate risks and then employ effective and proactive solutions.

His drive to continuously learn has been at the heart of Chris' success. This could be everything from learning how a new or old piece of technology works, how people are processing things and looking forward to optimizing it, or working with new people and finding ways to help them achieve their results, sometimes needing to collaborate and influence them in the process.

Chris' passion for cybersecurity was sparked on his first day at a help desk. He saw an employee with a Post-it note on their computer with their password written and realized there must be a safer way.

Today, he is dedicated to helping modern businesses minimize risks and improve their security posture. His proactive approach and regular employee training have significantly reduced risk exposure. Chris' comprehensive cybersecurity strategies protect against potential attacks, ensuring customer and stakeholder safety.

## PROFESSIONAL HISTORY HIGHLIGHTS



### Founder, Fractional CISO and Cybersecurity Coach | CPF Coaching LLC

CPF Coaching LLC specializes in offering *fractional Virtual Chief Information Security Officer* (vCISO) services, providing businesses with expert cybersecurity leadership flexibly. This unique approach allows organizations to benefit from top-tier security expertise without needing a full-time executive position, effectively managing cyber risks and aligning security strategies with business objectives.

Beyond cybersecurity, CPF Coaching LLC extends its services to comprehensive risk assessments and executive leadership/business coaching, empowering organizations to identify vulnerabilities, mitigate risks, and foster a culture of resilience. Their holistic approach addresses technical security challenges and enhances leadership capabilities and strategic vision, driving business growth and operational excellence.

Subcontracted roles include Fractional CISO at Nexigen, Fractional Cybersecurity Engineer at SideChannel, and more.

### Authored Books:

[Develop Your Cybersecurity Career Path: How to Break into Cybersecurity at Any Level](#)

[Hack the Cybersecurity Interview: A complete interview preparation guide for jumpstarting your cybersecurity career](#)

### Founder and Hosted Podcasts:

[Breaking into Cybersecurity](#)

[CPF Coaching](#)



### SENIOR MANAGER, CYBERSECURITY & TECHNOLOGY RISK OVERSIGHT | CAPITAL ONE, MCLEAN, VA

Provides tactical cybersecurity consultation and advisory services, overseeing line of business (LOB) cybersecurity and technology risk. Enhances LOB manager's understanding of cybersecurity risk and delivers recommendations/solutions.

Supports technology risk programs, identifying and assessing risks and challenging technology processes/controls/capabilities for AWS Cloud and Application Resiliency, SRE, and change/asset management. Enhances evaluations of cybersecurity and technology capabilities, accelerating their maturity. Drives optimization and maturation of organizational security and risk management program metrics.

- Spearheaded the risk mitigation and elimination of exposure attack surfaces after experiencing an active exploit vulnerability; worked proactively with engineering leads to burndown vulnerabilities.
- Managed the overall Top of House US Card Project, optimizing actions by delegating highly critical items while ensuring plans of action and milestones (strategy) were prepared to address security threats and vulnerabilities for stakeholders through developing bi-annual LOB Threat Profile reports.

### SENIOR SECURITY CONSULTANT | GRIMM SMFS INC, WASHINGTON D.C



Collaborated with federal and commercial clients at this boutique security consulting firm to provide cybersecurity and risk advisory solutions for their complex challenges. Enabled executives and security managers to comprehend and evaluate the cybersecurity risk's impact on their businesses through workshops and tabletop exercises. Made recommendations on tracking impactful issues to mitigate operational risks. Adopted

adversarial approaches to provide insights on effective detection and response

mechanisms to mature organizational defenses and develop a cyber range training platform. Developed a customized GRC management program using NIST CSF, CMMC, and ISO2700.

- Delivered business impact reports driving risk mitigation, completing risk, cyber program, and threat model assessments.
- Provided solutions to reduce operational risks, facilitating the design and development of cyber development platforms.
- Drove the development of a cyber maturity builder program, including six adversarial team modules and three defensive team modules.
- Increased follower engagement and new business activities by collaborating with business development to conduct social media marketing and in-person and virtual conference marketing and delivery.

## CONQUEST

### LEAD CYBER RISK MANAGEMENT CONSULTANT | CONQUEST FEDERAL, WASHINGTON D.C

Managed a 15-person team of analysts to senior project managers in a federal consulting startup, delivering risk, security, and cloud security consulting with a \$5M project budget. Assisted a federal agency with digital transformation/migration to the cloud, improving cybersecurity maturity and promoting cloud adoption. Provided best practices for Microsoft Office365 & Azure Gov migration, implementing security and identity management technologies from Microsoft EMS. Drove cybersecurity maturity in a federal agency by developing governance, policies, and procedures to enhance FISMA levels and adopt risk-based vulnerability management. Prepared agency for managed security services and third-party vendor risk profiles.

- Highlighted and provided insights on effective detection, response, and recovery for maturing organizational defenses, preparing for onboarding, and managing security service providers.
- Improved FISMA maturity levels, taking a risk-based approach to vulnerability management and security posture, aiding in developing the governance, policies, and procedures to drive cybersecurity operational maturity.

### MANAGER INFORMATION SECURITY CONSULTING | AVANADE, RESTON, VA



Led Microsoft Azure Fed Cloud Team, directed Managed Services to onboard/train new Gov Cloud Ops support members. Coordinated with legacy vendor support for project growth solutions and optimized Ops SRE team for 24/7 incident/problem management across multiple locations. Drove program/project management for ten-million-dollar programs, managed finances/resources/strategic planning. Assessed Ops/Security/Compliance processes in FEDRAMP, identified vulnerabilities, and provided mitigating/remediation measures.

- Facilitated \$10M project growth over five years, increasing the Microsoft Azure Government Cloud Operations Site Reliability Engineering team by 50% while providing 24/7 incident and issue management.
- Achieved 100% FEDRAMP compliance of new services, facilitating an audit process to ensure and adhere to FEDRAMP standards, shaping operation assessments, and providing risk mitigation to security and compliance vulnerabilities.



## IS SITE SUPERVISOR | CANCER TREATMENT CENTERS OF AMERICA, BOCA RATON, FL

As the information security specialist, I shaped training and education for corporate users on cybersecurity, PHI, and PII. Integrated security awareness into daily activities to promote a culture of security. Consulted on information security, assurance, and risk management during new project creativity and development with business units. Enforced security hardening policies and procedures for computers and mobile devices. Participated in an ad-hoc Information Security Team to manage and respond to security threats and incidents, including virus and malware remediation.

- Supported risk reduction of major third-party related vendors, identifying and initiating information technology and security-related projects to ensure sensitive information complied with HIPAA.