

# Christophe Foulon

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## Chief Information Security Officer

Highly experienced cybersecurity and risk leader with a proven track record in leading comprehensive cybersecurity strategies that enhance data protection, ensure compliance, and support business objectives—expert in managing large-scale security operations in complex environments, from SMBs to Fortune 10 companies and federal agencies.

### CORE COMPETENCIES:

- Cloud Security Solutions (Azure & AWS)
- Strategic Risk Assessment & Mitigation
- Cybersecurity Governance and Regulatory Compliance
- Incident Response and Threat Intelligence
- Digital Transformation & Cloud Security Integration

### WORK EXPERIENCE

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#### CPF COACHING LLC

2007 - PRESENT

#### FRACTIONAL EXECUTIVE ADVISOR

*CPF Coaching LLC is a security consulting company focused on SMBs from 1-500 people*

- Pioneered fractional Virtual CISO services, enhancing cybersecurity readiness for diverse client organizations without full-time executive overhead.
- Conducted comprehensive risk assessments and leadership coaching to build resilient security cultures.
- Functioned as a Fractional CISO for MSSPs like Nexigen, Format Cyber , and Cyber Engineer for SideChannel, tailoring cybersecurity strategies to client-specific needs from healthcare companies to franchise owners.

#### CAPITAL ONE, MCLEAN, VA

OCTOBER 2020 - OCTOBER 2023

#### SENIOR MANAGER, CYBERSECURITY & TECHNOLOGY RISK OVERSIGHT

*Capital One Financial Corp. is a \$50+ million retail credit company with 50,000+ stakeholders.*

- Developed and implemented cybersecurity frameworks that significantly improved organizational security posture across various business units ranging from its Retail Banking unit to Card.
- Directed a team focused on risk management, vulnerability assessments, and incident response, enhancing system resilience, using resources matrixed over 100 different Agile Dev and Security teams in its Card tower.
- Launched a Card Line of Business (LOB) Threat Intelligence report with the TI & Risks Teams, increased readership by 200%, and integrated external TI and supply chain risks with internal Threat Profiles and Process-level assessments.
- Fostered a culture of security awareness and implemented cutting-edge technologies to safeguard digital assets, including extensive work with AWS Cloud.

#### GRIMM SMFS INC, WASHINGTON D.C

DECEMBER 2019 – OCTOBER 2020

#### SENIOR SECURITY CONSULTANT (SMF)

*Grimm SMFS INC is a boutique security consulting company focused on solving its customers complex problems*

- Provided strategic cybersecurity advisory for federal and commercial clients, integrating frameworks like NIST CSF, CMMC, and ISO27001 into client operations.
- Led the creation of a cyber range training platform, improving client capabilities in real-world attack simulations.
- Program Manager delivering 6 modules of a cyber maturity builder program that enhanced client defenses against sophisticated cyber threats by learning to identify and mitigate vulnerabilities in a virtualized environment.
- Engaged in security consulting projects from threat modeling SDLCs and risk postures for pharma companies to M&A analysis and positioning of security products.

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

**FEBRUARY 2019 – December 2019**

*Conquest Federal is a federally focused security consultancy and MSSP*

- Spearheaded the development of cloud security and digital transformation strategies, significantly advancing a federal agency's cybersecurity maturity—enhanced operational cybersecurity readiness through strategic leadership and robust vulnerability management processes.
- Drove and implemented governance frameworks that improved FISMA compliance and structured cybersecurity initiatives for federal agency and DIB clients on projects from \$500k to \$2 million and teams up to 15 stakeholders
- Developed Awareness and Assessment programs for other Defense Industrial Base companies and evaluated their Azure Gov Cloud transformation options.

**AVANADE/ACCENTURE, RESTON, VA**  
**MANAGER INFORMATION SECURITY CONSULTING**

**AUGUST 2017 – FEBRUARY 2019**

*Avanade is a professional services company of 50,000+ employees and \$2 billion revenue working in partnership with its parent company, Accenture, a Fortune 500 company with a \$65 billion in revenue.*

- Led operations monitoring team for escorted access for Microsoft Azure Fed Cloud Team, managing cloud operations and ensuring FEDRAMP compliance across government projects.
- Coordinated legacy vendor support and optimized 24/7 incident and problem management, facilitating significant operational growth from 20 to 60 resources.
- Oversaw multi-million-dollar projects, focusing on strategic planning, resource allocation, and security compliance.

**CANCER TREATMENT CENTERS OF AMERICA (CTCA), BOCA RATON, FL**  
**IS SITE SUPERVISOR**

**SEPTEMBER 2014 – AUGUST 2017**

*CTCA was a 5000+ stakeholder organization with over 2 Corporate offices and 5 Advanced Cancer Treatment Hospital systems. It was acquired by City of Hope in 2022.*

- Developed and enforced security training and policies, integrating cybersecurity awareness into corporate culture.
- Managed information security aspects of new project development, ensuring alignment with HIPAA requirements.
- Led incident response initiatives, significantly reducing the risk associated with third-party vendors and enhancing data protection.

**BOARD MEMBERSHIPS & AFFILIATIONS**

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**INFRAGARD (VOLUNTEER)**

**2016 – Present**

InfraGard NCR - **IT Co-Sector Chief** (2018- 2023), **President** (2023 – Present)

**ISSA / ISACA / ISC2 – Regional Chapters**

**2017 - Present**

**Whole Cyber Human Initiative (VOLUNTEER)**

**Jan 2021 – Present**

*Executive Board Member / Director Workforce Research & Development*

**EDUCATION**

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**Master of Science, Information Technology** - Information Assurance/Cybersecurity - Walden University

**Bachelor of Science, Business Administration** - Information Systems – Walden University

**CERTIFICATIONS**

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**ISC2 – CISSP | SANS – GSLC | ISACA - CRISC, CDPSE | AWS Certified Security** - Specialty, Cloud Practitioner | **CompTIA A+, CompTIA Network+, CompTIA Security+ z | Microsoft Server 2003 MCSA, MCSA Sec, MCSE**

**Community Efforts:**

Founded and cohosted the “[Breaking into Cybersecurity](#)” Podcast spanning 5 years and hundreds of episodes. Authored “[Developing Your Cybersecurity Career Path](#)” and “[Hack the Cybersecurity Interview](#)” and contributed to “[Understanding and Measuring Cyber Risk](#)” by Ryan Leirvik.