Lauren Moy, Bio

Lauren Moy is currently the Associate Director- Graduate Business Career Relations at Hofstra University, Zarb School of Business, and a Certified Career Coach with over 20 years of Human Resources Management and coaching experience in the private, public and non-profit sectors. At Hofstra, Lauren provides career coaching to MBA/MS students, across all business disciplines. She also builds and cultivates strong relationships with alumni and employers, manages employer and alumni networking events, connects students to alumni and employers, and creates and presents career workshops and webinars.

Prior to working at Hofstra, Lauren worked at Citigroup as an HR Relationship Manager and Chief of Staff to Senior HR Officer, and held roles in compensation and recruiting at the MTA-Long Island Rail Road. Lauren was also the Chief Operating Officer and HR Director of a non-profit, the NYC Leadership Center.

Lauren is also the President and Founder of Lauren L. Moy Consulting and provides career and professional development coaching services to business professionals at all levels. Lauren is a Certified Career Coach with Get Five (a five star career coaching and outplacement company), and an accredited Associate Certified Coach (ACC) with International Coaching Federation (ICF). Lauren is certified to administer the Cappfinity Strengths Profile, Myers Briggs Type Indicator (MBTI), and Emotional Intelligence assessments.

Lauren has successfully coached thousands of business professionals across various industries, at all levels from entry-level to senior level professionals. Lauren’s passion is to empower her students and clients to leverage their unique strengths and interests to reach their career goals. Lauren possesses a joint Master of Science degree in HR Management from Cornell University and Baruch College, Bachelor of Business Administration degree from University of Buffalo and a certificate in Career Planning and Development from NYU.