

**Marc J. Larouche**  
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## Professional Summary

Founder and product builder behind CyberLifeCoach.pro, developing a privacy focused cybersecurity platform that turns practical guidance into usable products. I design and ship browser based security tools, policy generators, and automation scripts, then pair them with clear documentation, onboarding flows, and learning content so users can implement security controls with minimal friction. My work spans product strategy and iteration, web and tool development using React, JavaScript, HTML, and CSS, scripting with PowerShell, and security consulting that informs roadmap priorities through real user needs.

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## Core Competencies

Technical writing, editing, and quality review (clarity, consistency, accuracy)	Web development, React, JavaScript, HTML, CSS
SOPs, runbooks, and compliance documentation	Virtualization tooling and security lab environments
RMF aligned security documentation, NIST CSF, NIST SP 800 53 concepts	Identity and authentication concepts, MFA, access control
Security control implementation and system hardening	Cross functional collaboration with SMEs and stakeholders
PowerShell scripting and automation	Cloud security review and configuration assessment

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## Professional Experience

### Technical Content Creator & Consultant

[CyberLifeCoach.pro](http://CyberLifeCoach.pro)

Jan 2024 to present

- Create and publish cybersecurity articles online
- Create, design and code mobile apps, websites and software tools
- Cybersecurity consulting for small business and entrepreneurs

## **Technical Consultant & Content Editor**

*MJTechniques, LLC – Remote*

Jan 2022 – Nov 2023

- Edited and authored technical exams in Cybersecurity, Networking, and Data Analysis.
- Conducted reviews of IT publications for clarity, accuracy, and instructional value.
- Collaborated with subject matter experts to refine technical narratives and align with learning objectives.

## **Senior Cybersecurity Systems Administrator**

Naval Sea Systems Command (NAVSEA), NSWC PHD

09/2011 – 03/2021

### **Key Responsibilities:**

- Led **Risk Management Framework (RMF) implementation** for securing US Navy systems.
- Conducted **security assessments, audits, and compliance evaluations** in line with **ISO 27001, and NIST 800-53.**
- Designed and implemented **cloud security controls** for AWS and Azure environments.
- Managed **third-party audit projects**, ensuring regulatory compliance with **NIST 800-53..**
- Implemented **secure configurations** to meet **FISMA** compliance.
- Conducted **vulnerability assessments** and implemented remediation strategies.
- Developed **security policies and SOPs** to align with regulatory requirements.

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## **Education**

- **MBA, Information Technology Knowledge Management** – California Intercontinental University
- **Bachelor of Science** – University of Michigan, Flint
- **AS, Health Sciences** – University of Indianapolis
- **Certifications:**
  - **CISSP (ISC2)** – Certified Information Systems Security Professional
  - **CISA** – Certified Information Systems Auditor
  - **AWS Solutions Architect** – Cloud Security Expertise
  - **Azure Administrator & AWS Cloud Practitioner** – Cloud Governance
  - **CEH v9** – Ethical Hacking and Penetration Testing
  - **CompTIA Security+, Networking+, A+** – Foundational Security Knowledge
  - **Google IT Support** - Coursera
  - **Defi Finance** - Duke University
  - **Technical Writing** - California State Dominguez Hills