

Monique Lung

CBC, RCC

Senior Career Coach



"I help clients craft a winning mindset and an effective marketing campaign to achieve successful career and life transitions."

Monique Lung is a strengths-based career transition coach and global team performance facilitator focused on accelerating personal and professional performance. Monique is bilingual (English/French).

Key Areas of Career Expertise & Accomplishments

With over 30 years' experience in human resources, entrepreneurship, and marketing communications, Monique is fascinated by behavioral insights and translates scientifically validated behavioral data in ways that inspire people to break free from limiting self-perceptions.

Monique began her career in executive search then migrated to human resources management roles for almost a decade. During this time, she developed and deliver custom training programs to address culture, relevant concerns of the workplace, fill professional development gaps, and to navigate changes of industry, leadership, and departmental service delivery. Monique's work also involved strategy, influence, and execution in areas of retention, recruitment, employee relations, and training.

Monique brings valuable perspective on career transition having traditional and non-traditional career experiences. During a brief child-rearing reprieve from corporate life, Monique opened a unique retail business. A few years later, new life-shifts allowed her to reconnect to her passion and talent for training, development, and coaching. Her experience-infused intuition and enthusiasm enliven conversations around individual behavioral insights.

Education & Credentials

Monique earned a Bachelor of Arts in Marketing Communications from the University of St. Thomas, Houston, TX. She currently serves on the Board of Directors of the French-American Chamber of Commerce, is married, and has one adult daughter. She divides her time living in France and Georgia, originally from Houston, Texas.

Certified Business Coach (CBC), and Registered Corporate Coach (RCC), Certified by WABC, Worldwide Association of Business Coaches. Certified Digital Career Strategist, Certified Gallup StrengthsFinder Coach, and DiSC Facilitator, Intercultural Communications, Forbes Author

Emory University Corporate and Executive Learning, Atlanta, GA • Center for Disease Control (CDC), Atlanta, GA - Mid & Senior Management • Georgia Institute of Technology, Renewal Products Division, Atlanta, GA (Intercultural & Gallup) • Delta Community Credit Union, Mid & Senior Management Atlanta, GA • Mandarin Oriental Hotel Executive Team, Atlanta, GA (Intercultural & Gallup Strengths) • Mohawk Industries - USA HR Team, Calhoun, GA • Mandela-Washington "Young African Leaders" , Atlanta, GA • Zelis Healthcare (Financial/healthcare), Atlanta, GA • DoTerra, Senior manager and sales directors , Remote Team • EPIC Disaster Recovery, Marietta, GA