



LAUREN MILLIGAN

“Conversations with a Career Coach” audio-book author, Lauren Milligan, is a Career Coach, college instructor, and hobbyist welder. She has worked with thousands of high-performing professionals in all stages of career advancement and in all industries for the past 20 years. Her clients come to her for an entire catalog of job search collateral and EQ/strategy coaching.

Lauren is a frequent keynote and panel speaker at national conferences and is regularly featured in media stories regarding employment for ABC News, CNN, Wall Street Journal, NY Times, WGN, Yahoo News, and others. Lauren’s project-oriented coaching style is supportive, pragmatic, and enthusiastic. She sees value in assessments but won’t bury you in self-analysis. As a business owner, she has a 360-degree perspective on the entire hiring process. That insider knowledge is the bridge between you and your next career.

Areas of Expertise:

- Résumés
- Networking
- Industry Transitions
- Branding
- Applicant Tracking Systems
- LinkedIn Profiles
- Interview Skills
- Outplacement
- Salary Negotiations
- Accountability Coaching
- Removing Emotional Roadblocks
- Online Reputation Management
- Public Speaking/Media Relations
- Strategizing Career Advancement
- Interviewer Coaching (Employer-side)

Accomplishments:

- Selected as a presenter, along with Washington Post employment columnist and FlexJobs expert, for a Google sponsored back-to-work series.
- Specifically sought out to coach executive teams of Fortune 500 companies during downsizings during 2008 Recession and COVID era.
- Hired at College of DuPage to teach one class for Older Workers (50+) in 2013. Because of the program’s popularity, I was asked to create an ongoing curriculum of six different classes that continuously has a wait list.
- Selected by numerous industry associations as their ‘Career Expert’, creating industry-specific resources and workshops. Work with association leaders to promote their industries to colleges and trade schools to tap into the next generation of employees.
- Collaborated with four colleges to overhaul their Career Resource departments to provide higher quality and more efficient services for students and alumni.
- Created a job-search program for the Illinois Department of Employment Security that maintained eligibility for benefit recipients.



Lauren Milligan (continued)

Event Speaker (Career Advancement)

WorldWIT (multiple regions)	Good Morning America's Job Fair with Tory Johnson
Chicago Women in Publishing	Illinois Society of Professional Engineers
Indiana Society of Professional Engineers	Chicago Tech Club
Fermi Lab	C4W (Charleston, NC)
National Association of Rehabilitation Professionals	WordCamp OC
Illinois Career Development Association	DePaul University Alumni Employment Events

Media Appearances (Career SME)

WGN Morning News (multiple)	WGN Radio	Daily Herald
Fox59 Indianapolis (ResuMAYDAY Monday Segments)	New York Times	Forbes
CLTV	CNN	Fast Company
ABC News	Business Insider	Chicago Tribune
WLS radio	Time Magazine (online)	US News & World Report
	Daily News New York	Wall Street Journal

Memberships

Director and Moderator, Business Network Chicago (Jobseekers' chapter)
Member, ShankMinds MasterMind Group
Founding Member, Business Growth Consortium
Chicago Chapter Director, ExecuNet
Member, College of DuPage Advisory Board, Lifelong Learning
Member, College of DuPage Campus Safety Committee

