Lauren Signor grew up in Wolcott, CT. She attended University of Connecticut and graduated in 2012 with a Bachelor of Arts in History. After entering the workforce and assessing her options, she then attended Central Connecticut State University. She started working at Cigna as a Java Services Engineer intern and continued on full time after graduating CCSU with a Bachelor of Science in Computer Science in 2016. In 2019 she moved to California to work as a Security Operations Engineer at a startup and then transitioned to a Privacy Engineer role at Google. She currently lives in San Jose, CA with her partner, dog, and growing plant collection.