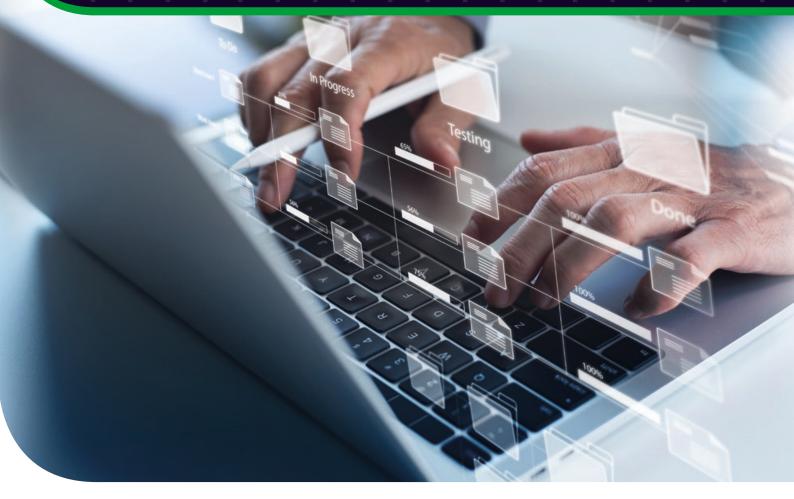# NETTITUDE

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Security Awareness Training

01 What is a Security Awareness Training?

Employee awareness of common cybersecurity threats is a crucial line of defence when protecting any organisation from attacks. There are countless studies and anecdotal evidence we see with our clients that prove this point. For example, according to Verizon's 2020 breach report, around 70% of breaches could be attributed to external actors, with stolen or brute-forced user credentials used in over 80% of breaches.

Nettitude's trainers are real-world consultants that are continually exposed to new and evolving threats and attacks. We deliver interactive Security Awareness Training sessions designed to empower employees, provide high-level awareness of common security challenges, and promote good cyber hygiene by sharing tips that can help protect employees in their personal online lives.

We design our training to cover common threats that end-users need to be aware of and provide practical guidance on staying safe. Training can be delivered in person or remotely, is interactive, allows for questions and answers, and typically achieves better engagement levels than computer-based training.

Organisations with large workforces may wish to use interactive awareness training to complement computer-based methods and target high-risk or VIP employees.

02 Why do you need Security Awareness Training?

One of the most significant vulnerabilities to data security is presented through people. Countless data breach surveys have highlighted that data compromise is commonly caused from within an organisation as a result of poor cybersecurity knowledge, or not understanding how to deal with digital data in general.

03 Benefits of Security Awareness Training

Benefits of Security Awareness Training include:

✔ Interactive training sessions, where questions and attendee input are encouraged

✔ Promote good cyber hygiene that applies at work and home

✔ Help understand the techniques that criminals use to attack

✔ Provides actionable takeaway learning points

✔ Can be tailored to meet specific demands, such as industry-specific or based on a unique threat profile

✔ Targeted training is available, for example, for high-risk employees

✔ Delivered remotely or on-site

✔ Recognise existing good practices and identify areas for improvement

✔ Trainers are cybersecurity consultants who bring real-world knowledge to the sessions

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04 Nettitude's approach to Security Awareness Training

Nettitude's Security Awareness Training services utilise our extensive industry experience and professionally recognised certifications to provide an insight into the world of everyday cybersecurity and common threats to which we are all exposed. We focus on simple but effective methods to help organisations become more secure without sacrificing productivity.

Training sessions cover the most common gaps in employee security awareness. The Nettitude consultants can take time to understand your specific areas of concern to customise the content and maximise impact.

Security Awareness Training is effective when the attendees can see real value in the information they are learning. Nettitude's approach is to relate the content of the course to an employee's home life wherever possible and to avoid making it solely a 'policy awareness training' session. Information about keeping your personal computer and phone safe, protecting your social media accounts, and avoiding social engineering is valuable to all employees – and encourages behaviours that translate directly to the workplace.

What do you get?

Nettitude will deliver in-person or online training to your employees. This is a classroom-style activity where the consultant provides a training presentation covering common threats and tips for staying safe whilst encouraging input from the attendees on their own experiences and answering questions as they arise.

Since we want the sessions to be interactive, we encourage group sizes of 15-25 (although larger groups are accommodated) and an optimal session length of around an hour. We can deliver multiple sessions per day, depending on the duration. The training content can be customised as required, and we will provide this to you as a PDF for future reference.

As part of Nettitude's tailored Security Awareness Training package, you will get:

- A kick-off session and introduction to your consultant
- A workshop to understand concerns and challenges and how to address these in the tailored content
- Customisation of training content as required
- A dry run-through of the training session and minor amendments based on your feedback
- Delivery of the agreed number of sessions
- A debrief session to give feedback (anonymously) on any concerns or themes identified during the sessions

Typical content

We regularly update our content to reflect current events and threats and include examples that your employees are more likely to relate to. We can also tailor content based on your specific circumstances or concerns.

A training session will typically cover the following topics:

- The bigger picture – what is the threat and why we must all take responsibility for staying secure
- Examples of real-world incidents and why they are relevant to your work and personal life
- How to spot a phishing attack and best practices for safely using email
- Physical security, removable media, and keeping your workspace secure
- How to securely store and share data
- Securing your computers, smartphones, and tablets
- The dangers of social networks and how to safely use them
- Good password hygiene for the workplace and home
- Safe internet habits
- How to protect against malware and ransomware attacks

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CREST

VA   PEN TEST   STAR
Intelligence-led PT   STAR
Threat intelligence   CSIR   SOC

PCi Security Standards Council
QUALIFIED SECURITY ASSESSOR

PCi Security Standards Council
APPROVED SCANNING VENDOR

CYBER ESSENTIALS

CHECK
IT Health Check Service

Computing Security Awards
★ FINALIST ★

winner
Cyber Security Awards

CYBERSECURITY BREAKTHROUGH AWARD 2020
THREAT INTELLIGENCE COMPANY OF THE YEAR

bsi. ISO/IEC 27001 Information Security Management

ISO 9001:2008 REGISTERED FIRM

ISO 14001:2004 REGISTERED FIRM

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