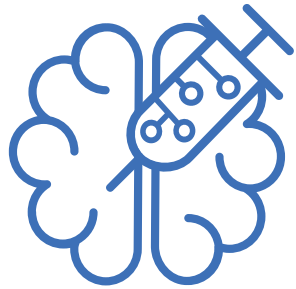Stellar labs Presents

CYBER SECURITY

Foundations for security professionals

DIGITAL SHOT

STELLAR LABS
FUTURE LEARNING TODAY

Cyber Security Foundations.

Protect your future, become a security professional
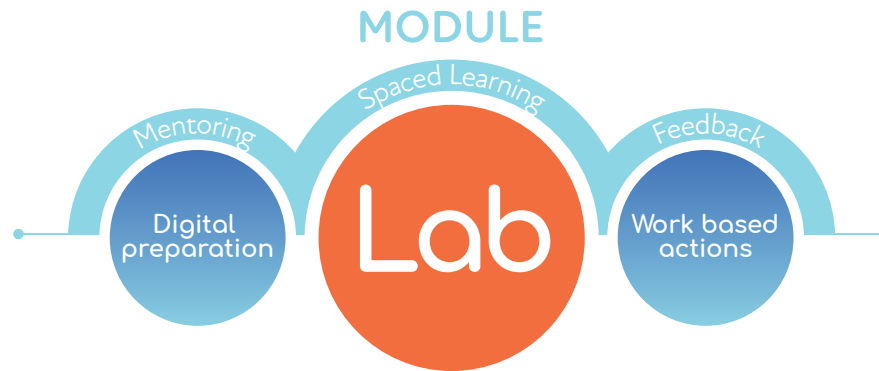
Is this programme for you?

You probably already have cyber security on your agenda but now you need to develop fundamental knowledge and skills to ensure you help in the battle to protect your colleagues, clients and your organisation against cybercrime. You might already be in IT or IT support or you could be in a management or business role; either way the need for better cyber security is making its presence felt.

Goal of the programme

To give you the professional skills, knowledge and attitude to assess, manage and report on cyber insecurity issues to reduce risk and build cyber resilience in your organisation. Should attacks happen you'll have the ability to make more informed decisions, manage the crisis and recover the situation to maintain business continuity.

Programme information.

This comprehensive, practical programme consists of 2 modules. Each module is a hands-on virtual lab with cyber security experts trained in our learning methods.

MODULE

Spaced Learning

Mentoring

Feedback

Digital preparation

Lab

Work based actions

Every module includes:

- Self-paced digital preparation and updates to prime you with the necessary knowledge for each Lab
- A fully immersive, practical Lab to build your skills.
- Work based actions after every lab to ensure you apply your skills in the workplace
- Spaced learning activities from our mobile app to transfer your knowledge from short to long term memory
- Continuous mentoring and feedback from mentors, peers and our platform to stretch, challenge and refine your performance

This gives you more than 3 days of deep learning time to broaden and build your expertise in cyber security (9 hours of guided learning, 15 hours of self-paced learning).

Plus: Extension activities with regular checks and nudges for up to 6 months to keep your knowledge fresh and relevant and strengthen your skills.

Plus: Certification in Cyber Security Foundations
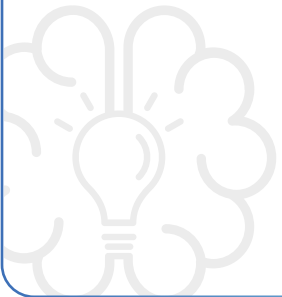
Plus you will.

- Create a toolbox of tips and an action plan to apply immediately

- Be able to react swift and correct in a time of crisis

- Have access to the recordings of all the Labs for review later

- Receive access to our digital platform for a year so you can continue to learn with your peers and mentor

Goal of the programme.

By the end of this two-module programme you will gain:
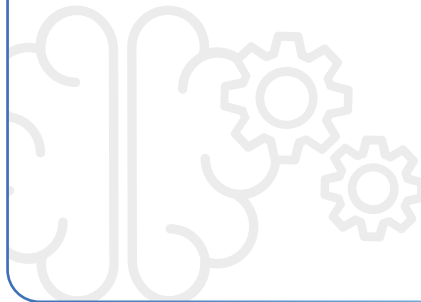
Knowledge & Insight

- Apply the right frameworks in the right situations
- Know your adversaries – think like a hacker
- How to practice risk-based thinking

Practical Application

- Responding to real time incidents
- Password cracking
- Identify security threats

Improvement & Impact

- Increase company security resilience
- Implement risk management strategies
- Apply security controls to protect your world

Prerequisites.

- Successful candidates for this programme have an affinity with IT and at least a basic knowledge of how IT networks and operating systems work.
- Technical exercises are a vital and fascinating part of this programme but you'll be guided by our expert mentors where necessary.
- With Stellar Labs you will learn to defend your organisation or others against cyber security attacks.
- Successful candidates will be required to sign and abide by an ethical working contract.

Programme Details.

What's included.

MODULE 1

Digital Preparation

- **Information security and cyber security**
  The difference between IS and CS
  Security controls' impact on the CIA triad

- **Ethical hacking**
  Fundamental principles
  What is social engineering and case study

Virtual Lab

- **Information security and cyber security**
  Terminology Sketching
  Blackhat and whitehat hacking

- **Ethical Hacking**
  Cyber Kill Chain
  Malware Types and how to recognize them
  Penetration testing and reporting
  Password compromisation in business
  Social Engineering

Work Based Actions

Combination of actions to apply the learned skill in the workplace

Spaced Learning

Set of nudges to move knowledge and skill from short term to long term memory

MODULE 2

Digital Preparation

- **Risk Management**
  Likelihood & Impact
  Risks in your current position

Virtual Lab

- **Risk Management**
  Defining and rating risk
  Implementing countermeasures
  Building risk registers

- **Security frameworks**
  What are security frameworks and how to apply them

- **Incident Management**
  Business Continuity Management
  Crisis Management

Work Based Actions

Combination of actions to apply the learned skill in the workplace

Spaced Learning

Set of nudges to move knowledge and skill from short term to long term memory

What's included.

- 24 Hours of deep learning time
- Immersive virtual labs using science based training techniques
- Continuous mentoring and feedback from cyber security experts
- Spaced learning activities
- Actions to move skills from training to practice
- All learner/tutor resources
- Full access to our learning platform for 1 year
- Access to our mobile app for learning on-the-go
- Up to 6 months follow-up
- Certification in Cyber Security Foundations

Meet our knowledge partner...
Your expert mentor

Matthijs Nelissen is co-owner of Cyber4Z, dedicated to cyber security consulting with Dutch and international clients.

He has thrived for over 15 years in IT with a specialization in security, ensuring clients maximise their security through risk management, projects and audits. He is currently security manager at a major chip machine manufacturer where he implements security risk management processes enabling them to maintain their position as market leader. He also assesses and audits the ISO 27001 standard.

Matthijs Nelissen
Cyber4Z

and advisory board.
International experts who validate our programme

Chris Novak (US)
Verizon

Global Director,
Threat Research Advisory Center,
(+20yrs of cyber security expertise)

Stella Collins (UK)
Stellar Labs

Co-founder &
Chief Learning Officer,
(+20yrs of L&D expertise)

Click to book your place.

Methodology.

We've learned from brain science how to support technical learning in the most natural and effective way to guarantee you learn and utilise the knowledge, skills and aptitudes you need to become a successful cyber security professional. You'll be immersed in an engaging, high energy learning experience using the most effective techniques from the science of learning.

Motivation is key so, your learning will be both challenging and enjoyable. Focused practice, feedback and spaced repetition ensure you will transfer knowledge and skills from short to long term memory. Practical, work-based exercises, assignments and peer support will help you transfer your skills into the workplace.

Our digital platform builds your knowledge piece by piece and measures your progress to personalise your learning journey and ensure your success. You'll transfer this knowledge into applicable skills during interactive, practical Labs. Guidance from expert mentors ensures you get personalised support or stretching where you need it.

Realistic, work-based exercises, assignments and peer support help you speed up the transfer of your skills into the workplace.
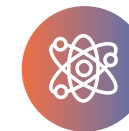
Why Stellar Labs?

You want to upskill yourself or your employees? In a personalised and effective way? By real experts in the field? Our hybrid learning methodology is based on the latest neuroscientific insights and practical experience. We combine data science, computer science, neuroscience and social sciences to provide training that future proofs the skills of you and your workforce.

Future proof skills & competences.

Backed & trained by experts.

Scientifically proven effectiveness.

Personalised & certified programmes.

Some of the companies that trust us.

abbvie

CANCER RESEARCH TECHNOLOGY

CIPD

Elucidat

UNIVERSIDAD DE BURGOS

Deloitte.

Royal College of Physicians

Ordnance Survey

KalVista Pharmaceuticals

Linked in LEARNING

Swedbank

Melexis

syngenta

DEKRA

VOLVO

bp

EY

Shell

What they say.

Manager, Internal Client Services, Deloitte, EMEA

"Massive thank you for leading the brain-friendly workshop for the design community at Deloitte University. We loved the way you facilitated and shared tips and design ideas. Your objective was to challenge our thinking, tell us something new about neuroscience and learning and you certainly did that, leaving us wanting more!"

Beverley Aylott, Global Leadership Development Specialist, BP

"The people who completed the Science of Learning programme really loved it. We can be very proud of what we created together."

Julie Delhem, Veterinary Science Student, University of Antwerp

"I'm now studying with my drawings and I already feel the connections forming. When I don't understand something myself, I try to explain what I know to fellow students and the more I do that, the more I understand what I'm talking about. So the tips you gave me are working! I'm glad that I find learning a lot less stressfull and I sleep a lot better."

Stellar Labs bv
Molenbergstraat 10
2000 Antwerpen
Belgium

+32 78 48 13 45

www.stellarlabs.eu
contact@stellarlabs.eu

Join the Learning Revolution and train smarter with Stellar Labs.

Click to book your place.

STELLAR LABS
FUTURE LEARNING TODAY