

Cybersecurity Awareness Workshop

(Course Ref 450)

This interactive course aims to make learning about cybersecurity easy, effective and enjoyable. It will introduce the world of cybersecurity and help participants to understand what they need to know and do to keep themselves and their workplace safe and secure. No prior knowledge or experience of cybersecurity is required to do this course.



Delivery:

The course is delivered face to face in a 3.5 hour workshop.

Learning Outcomes

Key areas covered include:

- Threats Overview: Malware, phishing & social engineering
- Password Policies: Best practices;
- Web Protection: What to look for; what to avoid
- Email Protection: What to look for; what to avoid
- Preventive Measures: Best practices for security at home and at work

Who should attend

The course is suitable for anyone who wants to build their overall awareness of cybersecurity and improve their 'cybersecurity hygiene' – so they avoid the obvious pitfalls and help prevent being caught by cybersecurity breaches. No technical knowledge or IT Skills are required.

Course Content

1. Backup Your Files

Developing a backup and recovery plan for data on your computer is an important step every computer user should take.

2. Update Your Computer

This obvious step (called 'patching') is simple but often overlooked and can be the single biggest element in preventing attacks.

3. Email Scams

Recognise and avoid email scams.

4. Fight Against Malware and Viruses

Learn how to defend against malware (malicious software) designed to disrupt computer operations, gather sensitive information, or gain unauthorised access to computer systems.

5. Phishing

This is a process that uses emails or web browsers purporting to be from reputable sources to induce you to reveal personal information.

6. Passwords

Best practice is password creation and protection.

7. Mobile Security

Often not realised, the risks associated with mobile devices can be significant.

8. Wi-Fi Security

Both at home and at work the security of the Wi-Fi network is crucial.

9. Before You Connect!

What to do Before You Connect a New (or upgraded) Computer to the Internet.

10. Secure Your Web Browser

Get the most up to date information on securing your web browser.

What does it cost?

This course is free to eligible participants who are owners, managers or employees of companies, sole traders or self employed or other private sector organisations or commercial semi-state companies operating in the Republic of Ireland.

Further Information

*For further information please email csi@ictskillnet.ie

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