

# ISACA Workshops: Nailing CISM & Jump starting your career with cyber fundamentals

## **Workshop 1: Nailing CISM: An interactive certification quiz**

**Time: 10:45am - 11:25am**

The ISACA Adelaide chapter is excited to present an interactive session on the Certified Information Security Manager (CISM). The workshop will leverage the collective wisdom of the group to answer and discuss mock questions from the CISM exam. If you are studying for the certification or thinking about it, this workshop is for you.

## **Workshop 2: So, you want to get into cyber? Jump starting your career with cyber fundamentals**

**Time: 11:30am - 12:10pm**

The ISACA Cyber Fundamentals certification is ideal for students and recent graduates that are looking to differentiate. This workshop will be presented by the ISACA Adelaide chapter and cover the cyber fundamentals certification, covering key questions from the exam and discussing the answers and structure of the content. If you are thinking about attaining an early career certification or looking to explore your options, this short workshop is for you.

**Presented By:**



**WORKSHOPS**

**10:45 AM – 11:25 AM AND 11:30 AM – 12:10 PM**

**PANORAMA ROOM 1**

# Human cyber resilience isn't just about behavioural change: The neuroscience and prevention of burnout

As well as insights into mental health support that can be given embattled teams, participants will also receive a short form guided demonstration of the stress management / anti-burnout restorative protocol which Cybermindz.org has begun delivering into Australian organisations. You will experience first hand how quickly the effects can be felt. By the end of the session you'll have a clearer understanding of the dynamics driving stress and burnout at the neurological level and how the effects can be reversed. We move here beyond mere awareness raising into a solution that the US and Australian military have applied since 2006 and 2016. Now, for the first time, cyber teams have access to it.

## Session inclusions:

- An introduction to neuroscience and the evolutionary maladaptation of the current brain to an always-on attack environment
- The consequences of unmanaged stress on performance and cognitive wellbeing - what the research shows about the particular issues for cyber professionals
- An introduction to the iRest Protocol - the theory of how it works
- A demonstration of the iRest Protocol

Presented By:



**WORKSHOPS**  
1:15 PM – 3:25 PM  
PANORAMA ROOM 1