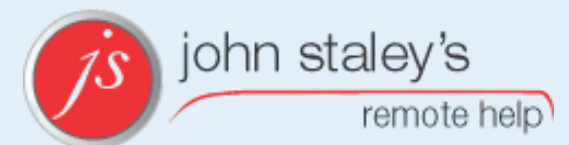


YOUR COUNTRY NEEDS YOU



Introductions

WIFI FOR OFFICE 64

Network : Meetingroom
Password: meetingroom1

John Staley



Director of IT Teacher LTD

Josh Read



Cyber Security Operations
Manager for Celerity

Agenda

What we will talk about and timings

How you will be asked to participate

Who is available after the end of the meeting

What will we cover in the next 2 hours?

Passwords
Cyber Essentials
2FA and Authenticators
Malicious Websites
Phishing
Team Training
Phone Security
Anti Virus and Updates
Backup

The Future of Passwords

Q Day – Quantum Day. What is it?

-  Three small words: Creating a strong Password method
-  Have I been Pwned. Has your email or password been accessed?

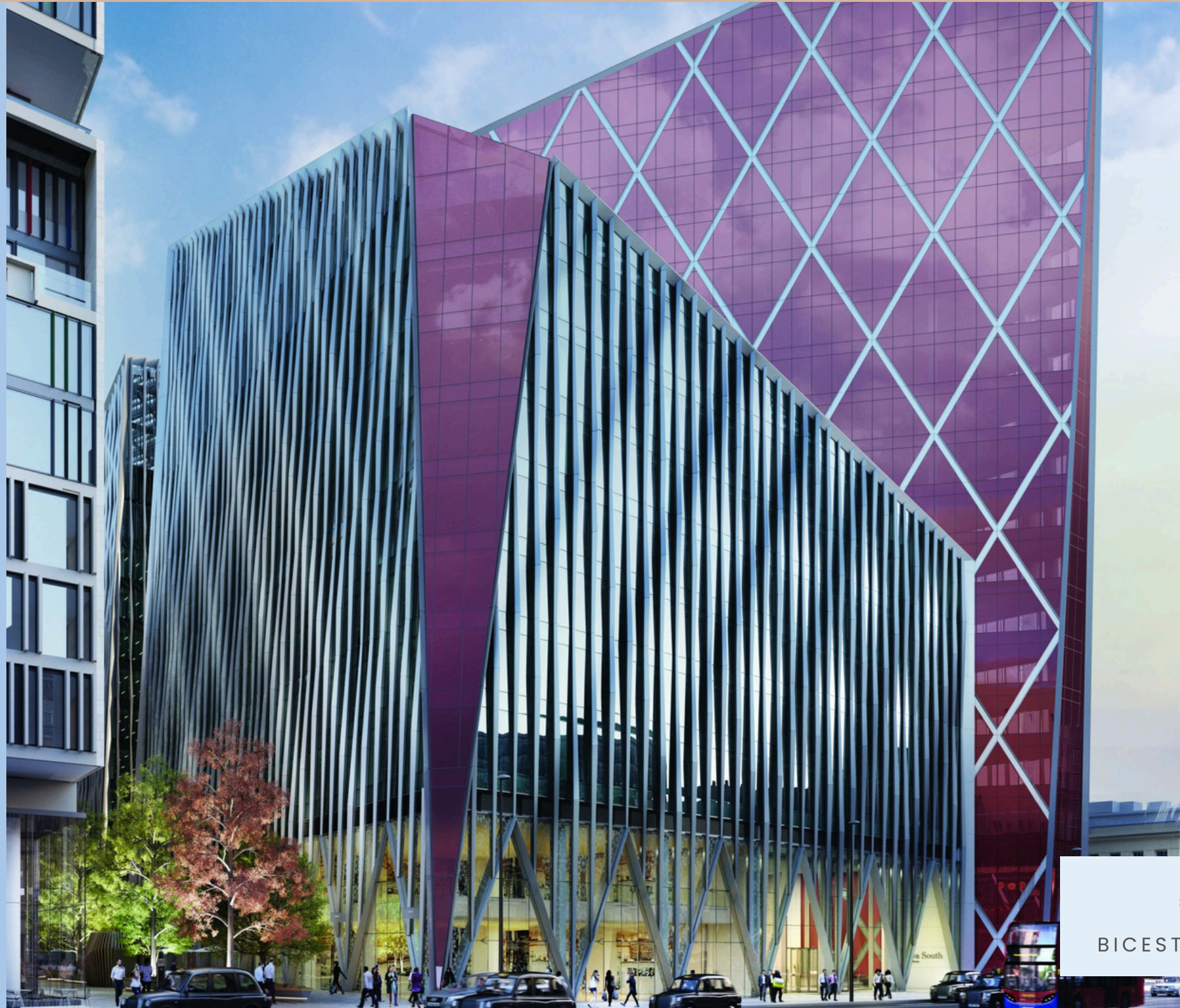
Storing passwords – how to?
Password Managers – Whats best? Physical or app e.g.
LastPass

Cyber Security HQ

This is the National Cyber Security Centre (NCSC) – part of GCHQ.

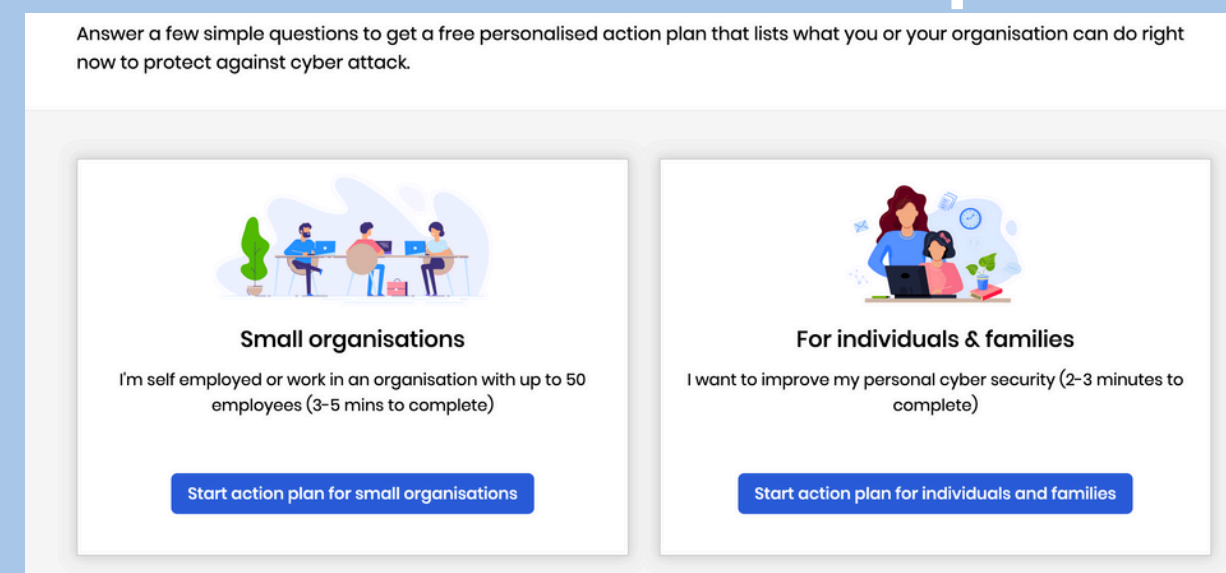
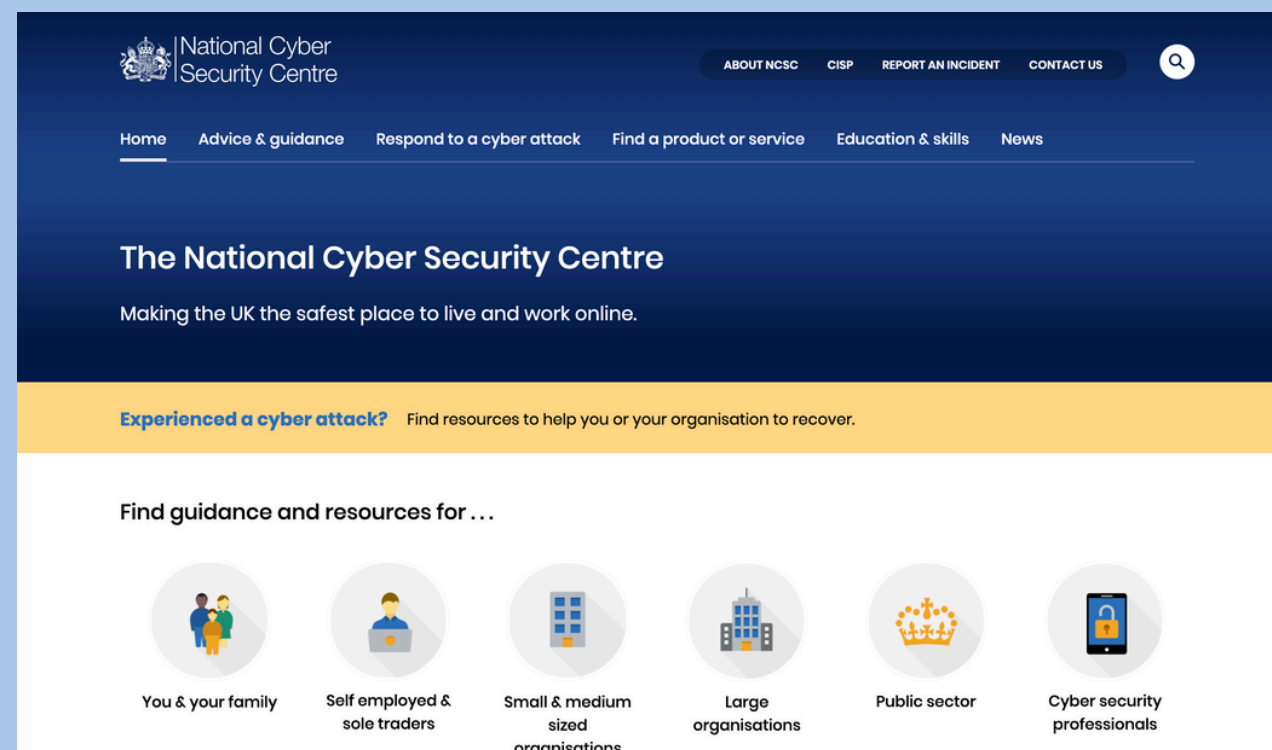
It was established in 2016.

It is Victoria, London.



Where to start?

1. Google: National Cyber Security Centre or enter this URL <https://www.ncsc.gov.uk/>
2. Search for 'Free Cyber Action Plan'
3. Complete either the 'small organisations' or 'individuals and families' quiz



2FA and Authenticators

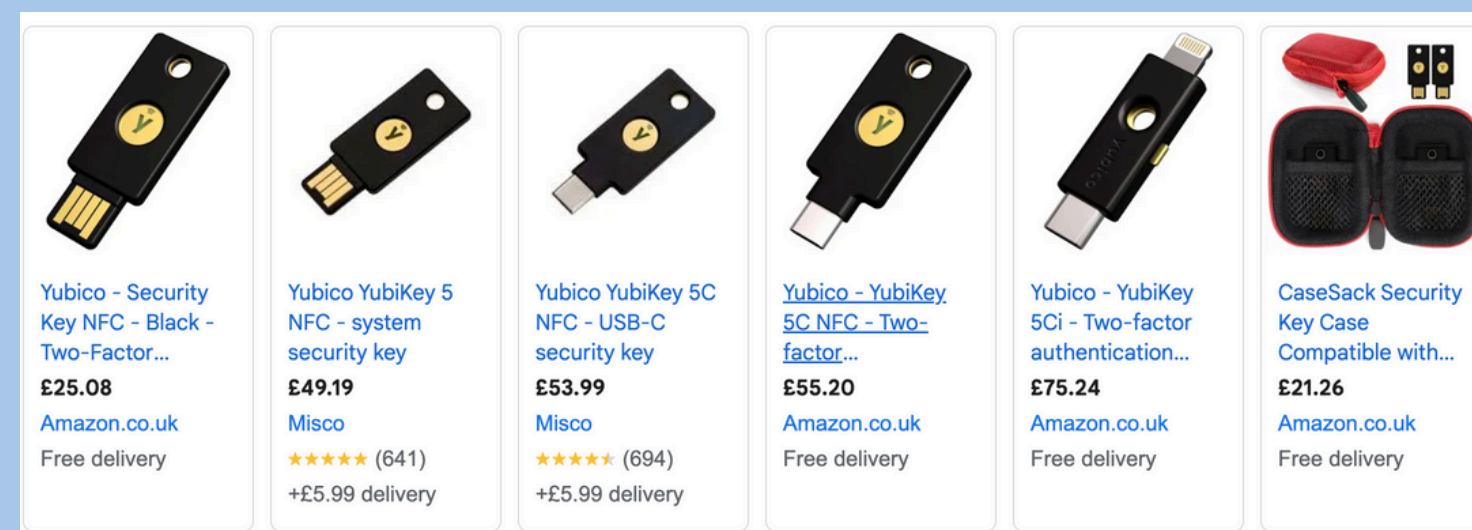
What is 2 Factor and Multi Factor Authentication?
Which Authenticators are best/easiest to use

 Authenticator App – Ken's Demo Site – give it a go

What does no password look like?

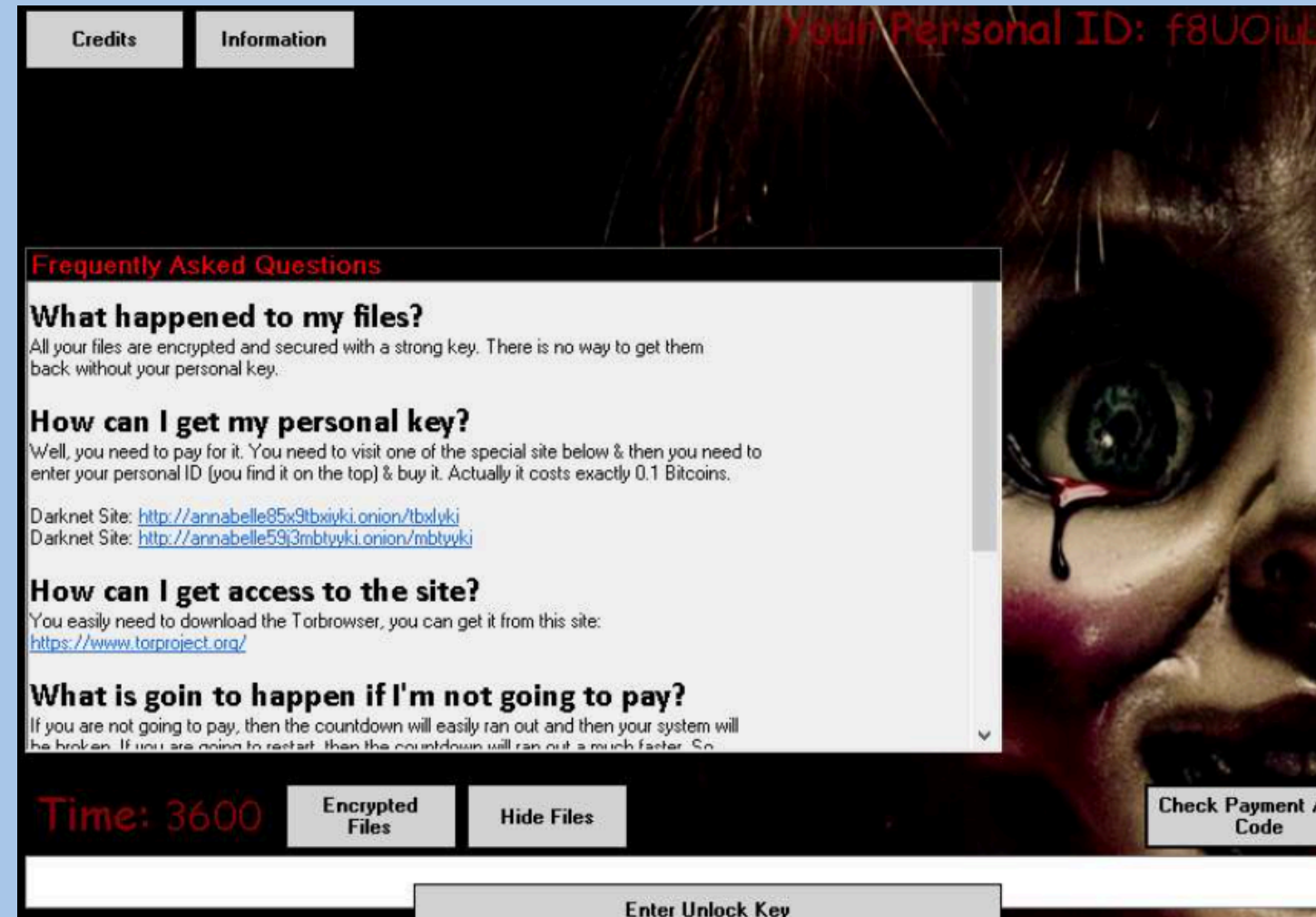
There's a few different options for a 'no password' word free security solution

- **Biometrics:** Face, fingers, eyes, voice
- Physical USB Security Keys aka **YubiKeys**



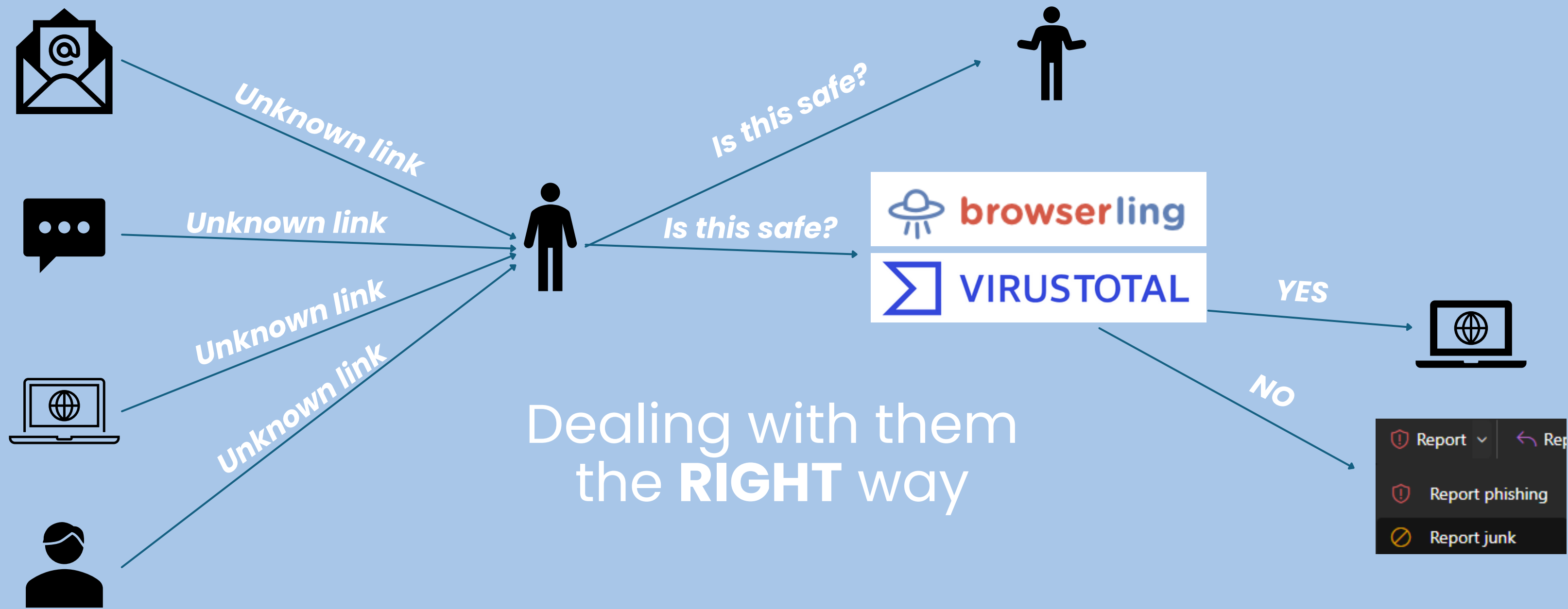
Malicious Websites

Dealing with them the **WRONG** way

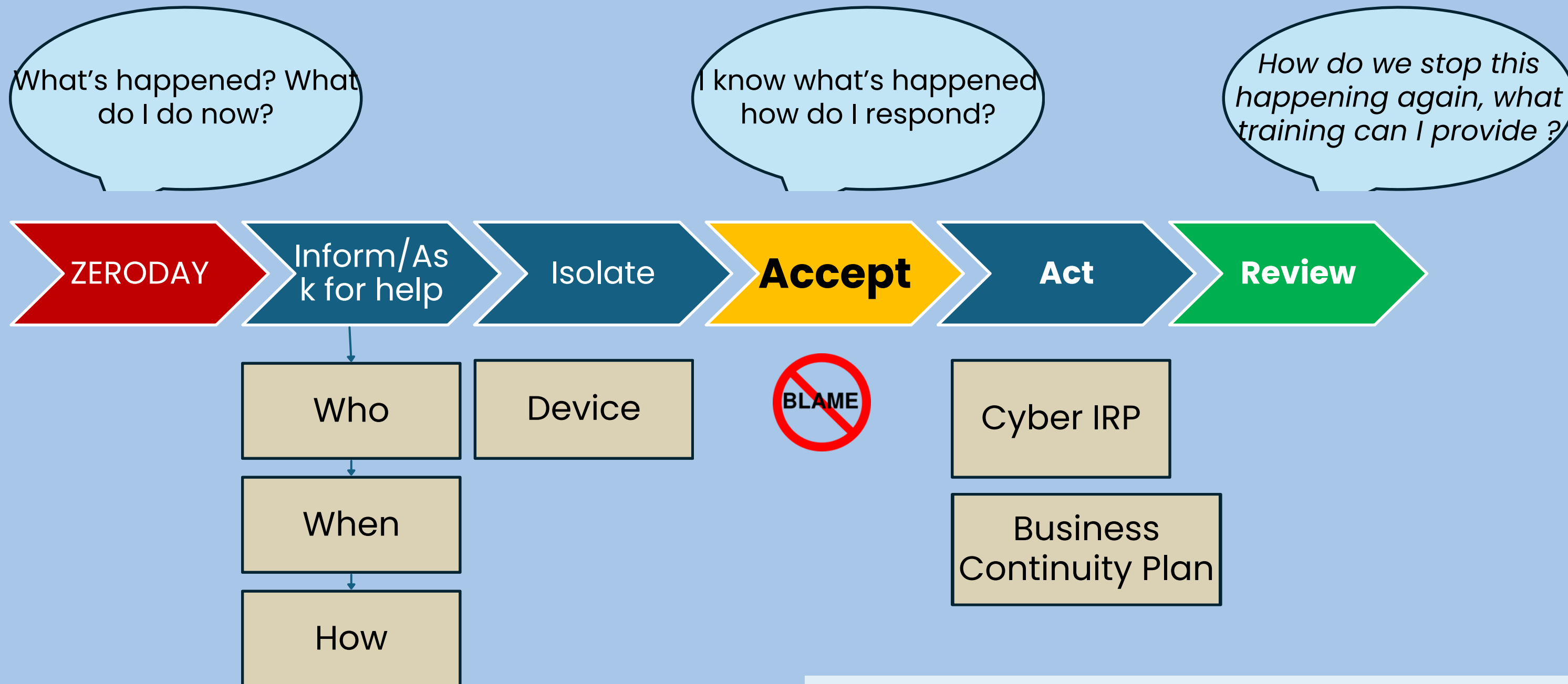


[Click here to demo
malicious websites](#)

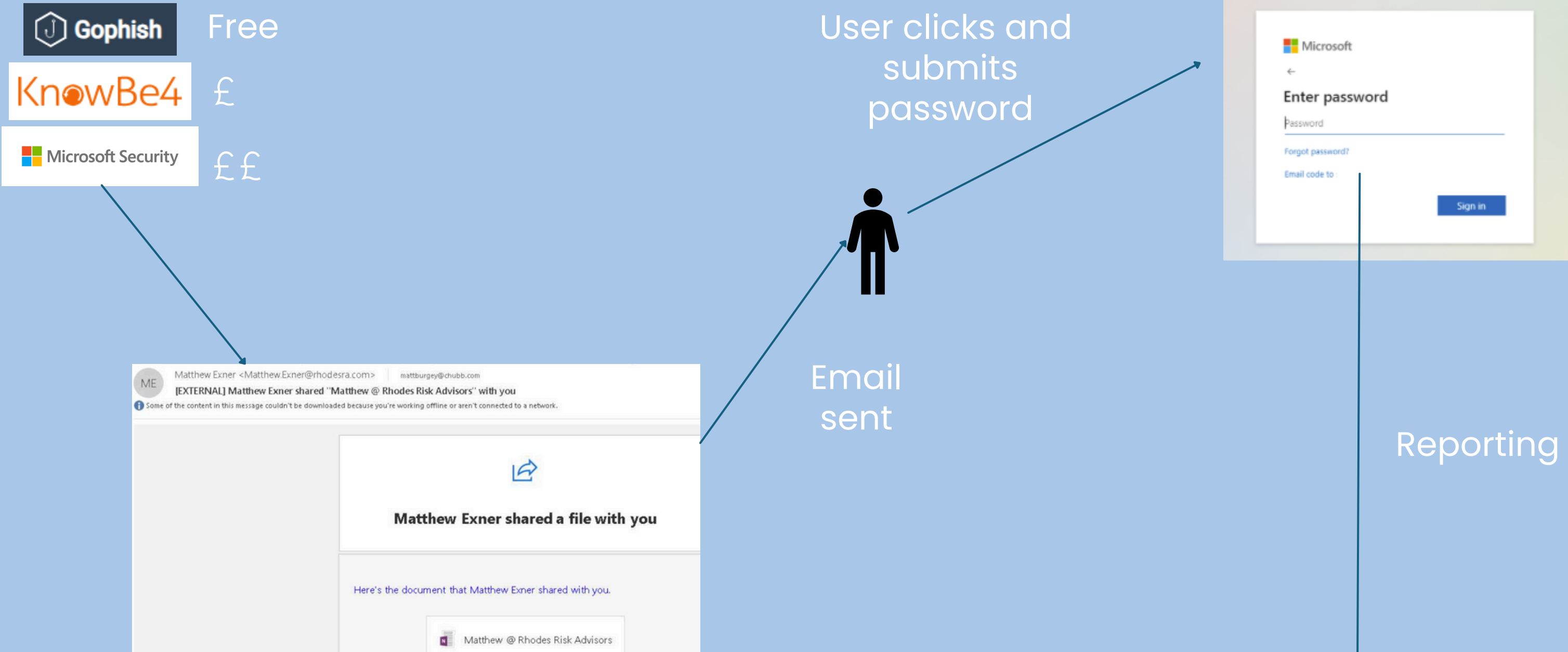
Malicious Websites



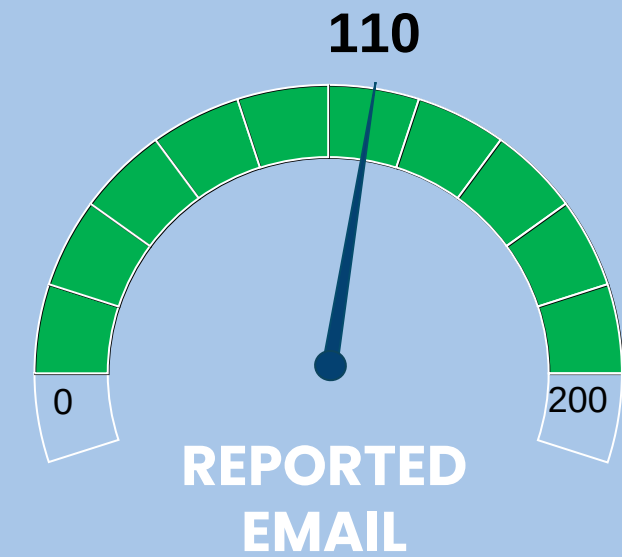
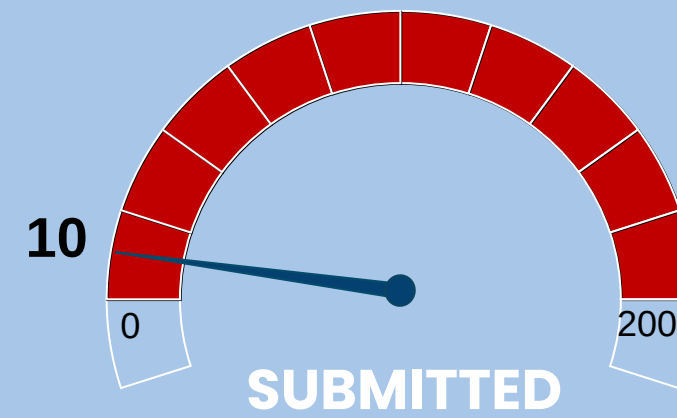
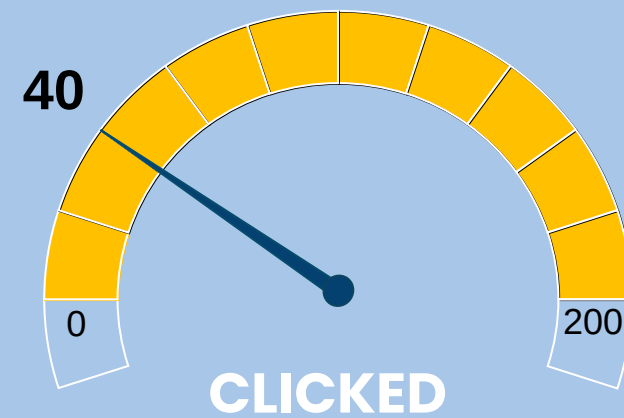
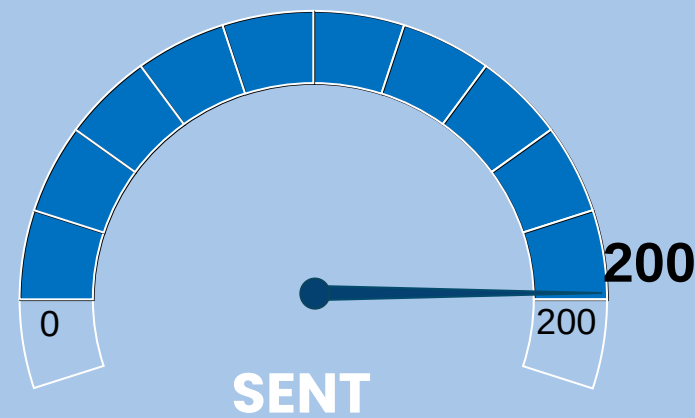
What to do next



Using Phishing Simulations



Phishing Susceptibility Report



Click Rate = 20%
Submit Rate = 5%
Report Rate = 55%

Simulations and Training

🛡️ Be Prepared, Not Panicked

Mistakes happen — what matters is how you respond.

- Ensure your team knows:
 1. Who to contact in a cyber incident.
 2. Your Cybersecurity Incident Response Plan (CSIRT).
 3. How to identify phishing emails and cyber threats posed to them.
- Develop/Enhance Your Business Continuity Plan.

🎓 Train to Stay Safe

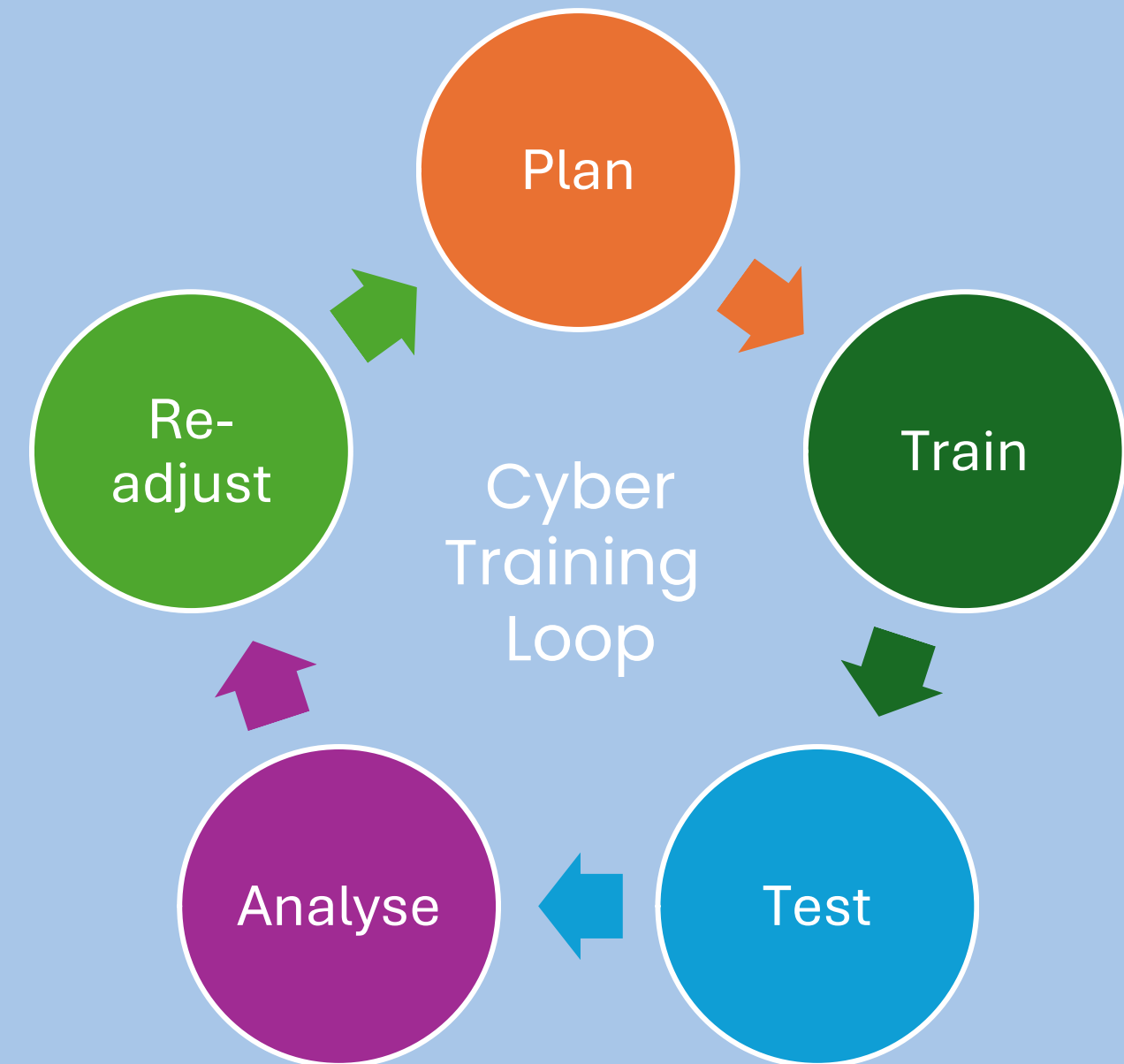
- Conduct cybersecurity training at least once a year.
- Use affordable online platforms or custom in-house sessions.
- Some insurers offer lower cyber premiums for trained teams.

🎯 Test with Phishing Simulations

- Simulate phishing attacks to:
 1. Measure your team's awareness.
 2. Identify weak spots before real attackers do.
 3. Build a culture of caution and confidence.
 4. Quantify your risk against phishing and social engineering.

💡 Tip for SMBs:

- Start small — even a 30-minute quarterly refresher can make a big difference.





Lets break

Do come and ask us
any questions you
may have had so
far!

Legacy Systems



10 years and older
6 years of hardware
lifespan

BIOS and Firmware

Phones – how to care for them

Is it Encrypted?
Updating: Numbers
The most important apps for you
Keeping your money safe

Find your phone

How to Find your phone if lost or stolen
How to lockout
How to wipe it

Email

Your online identity
Why hackers try to get your email
Who owns your emails? Not all emails are equal.
POP3, IMAP, Microsoft Exchange
Get a second email
Who has two?



Anti-virus and Updates

Updates do not automatically happen (not
everytime, anyway)
Why do they keep changing everything?

321 Backup

Synchronisation: Cloud is not a backup
321

Your backup is in the American Desert
Test your backup

What we looked at

Passwords
Cyber Essentials
2FA and Authenticators
Malicious Websites
Phishing
Training
Phones
Anti Virus and Updates
Backup

The End

After this meeting

IT Teacher Ltd
red@johnstaley.co.uk

Celerity-UK
joshua.read@celernity-uk.com

Thanks for coming along!



Please leave us a Google Business review

