RSA Conference 2020

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HUMAN ELEMENT

SESSION ID: SEM-M01D

Digital Transformation, Deception and Detox: Security Leaders Anonymous

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#RSAC

Information Security is a GREAT Profession!

- Dawn Cappelli – Rockwell Automation

- Ed Skoudis – SANS

- Dave Kennedy – TrustedSec/Binary Defense

- Katie Moussouris – Luta Security

- Ben Halpert – Ionic Security/Savvy Cyber Kids

- Deidre Diamond - CyberSN

- Jayson Street – SphereNY/Awkward Hug

- Myrna Soto – Digital Hands

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Why did you choose Information Security?

- I watched Mr. Robot or CSI Cyber
- I like solving puzzles
- Pen Testing/Red Team
- $$$$$
- I enjoy helping others maximize their investments

KEEP
CALM
the
RED TEAM
IS HERE

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Why do you think your company hired you?

- Regulations

- Previous Incident

- Board Recommendation

- Part of a growth strategy

Forbes.com

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Digital Transformation

What is it and what does it have to do with this talk?

Good Security Leaders Understand the Business

- Application Inventory

- Data Flow

- Business Processes

- Change Management

- Third Party Risk

- DevOps

- Infrastructure

Forbes.com

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Digital Transformation

- The process of using digital technologies to create new or modify existing business processes, culture and customer experiences to meet changing business and market requirements.

  – Migrating to the cloud

  – Robotic Process Automation

  – Artificial Intelligence

  – Moving faster often without fully understanding or analyzing the risks!

  – 60-80% failure rate with only 5% meeting expectations

    ○ CEOWorld – March 2019

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Personal Transformation

THE SATURDAY ESSAY

For the New Year, Say No to Negativity

Bad experiences affect us much more powerfully than good ones, but there are ways to deal with this destructive bias and overcome it

DO YOU COMPLAIN A LOT?
ARE YOU ALWAYS NEGATIVE AND SAD?
NOT SAYING IT'S YOUR FAULT BUT AS SOMEONE
WHO HAS FRIENDS WITH DEPRESSION,
IT'S HARD AND ANNOYING TO BE AROUND
CONSTANTLY NEGATIVE PEOPLE.

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Deception

Deception Technology

- Deception technology automates the creation of traps (decoys) and/or lures which are mixed among and within existing IT resources to provide a layer of protection to stop attackers that have penetrated the network.

ucsd.edu

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Who are we kidding?

- Deception – An act or statement which misleads, hides the trust, or promotes a belief, concept or idea that is not true.

- 1 in 6 CISOs now medicate or use alcohol (Forbes 2/15/19)
  - Required to be available 24/7
  - 89% have never had a 2 week break from work
  - 55% last less than 3 years
  - 30% last less than 2 years

- Average CFO tenure is 5 years

- Average CEO tenure is 8 years

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Stress?

- Annual Goal: No hacks, no data leaks

- Unlike other IT Projects, security doesn't have a beginning or end

- It's like your worst nightmare that you can't wake up from

- 91% of CISOs suffer "moderate or high" stress

- 60% "rarely" disconnect from work
  - CSO Magazine (4/9/19)

Mikeclayton.co.uk

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How do you sleep?

cyberseer.net

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If we don't take care of ourselves...

- Suicide rate

- Divorce rate

- Addiction rate

Twloha.com

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Detox

Digital Detox

- A digital detox refers to a period of time when a person refrains from using tech devices such as smartphones, TVs, computers, tablets and social media sites.

apnews.com

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What can you do?

- You are the average of the five people (or things) you spend the most time with - Jim Rohn

1. Do no harm

2. The rule of 4

3. Put the bad moments to good use

4. Capitalize on the good moments

5. See the big picture

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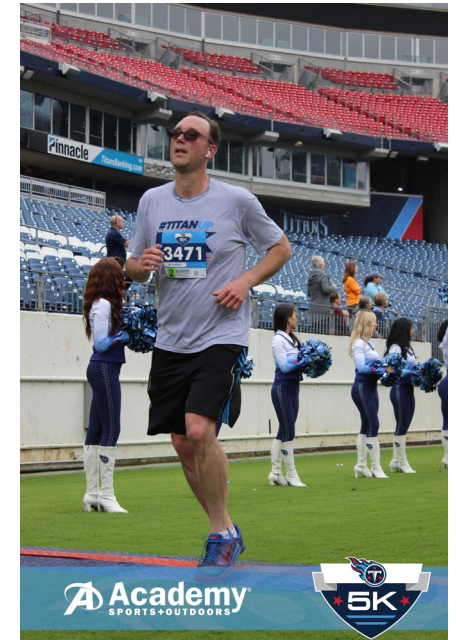
Taking Care of Yourself

- Surround yourself with encouraging people

- Suicide Prevention
  - 1-800-273-8255
  - suicidepreventionlifeline.org
  - Text HOME to 741741

- Free or Reduced Counseling (including online options)
  - www.opencounseling.com

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Resources!

- Better Than Before – Gretchen Rubin
  - To sleep more, quit sugar, procrastinate less, and generally build a happier life!

- Digital Minimalism – Cal Newport
  - "Philip Morris just wanted your lungs. The App Store wants your soul." "Checking your likes is the new smoking."   Bill Maher

- Brendan Burns (Professional Coach)
  - https://www.brendanhburns.com/podcast/

- AllSides (Balanced News)
  - https://www.allsides.com/

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Giving Back

- ISSA
- ISACA
- InfraGard
- BSides
- Cyber Patriot
- Child Safe
- TED Talk

> AT THE END OF THE DAY IT'S NOT ABOUT WHAT YOU HAVE
> OR EVEN WHAT YOU'VE ACCOMPLISHED...IT'S ABOUT WHO YOU'VE LIFTED UP, WHO YOU'VE MADE BETTER.
> IT'S ABOUT WHAT YOU'VE GIVEN BACK.
>
> DENZEL WASHINGTON

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Apply What You Have Learned Today

- Next week you should:
  - Set at least 1 self-care goal

- In the first three months following this presentation you should:
  - Join a professional organization
    - Regularly attend meetings or volunteer for board position
  - Set at least one digital detox goal
  - Change one negative habit

- Within six months you should:
  - Submit a speaker proposal for a conference
  - Read at least one leadership/goal setting book
  - Self-assess your company leaders for their support of physical and mental health

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Questions?

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