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# RECOGNIZING AND BEATING CYBER FATIGUE

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#RSAC

# INTRODUCTION



## **Dr. Richard Ford**

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Dr. Ford leads the research and technology vision to help Forcepoint achieve its mission of delivering human-centric security and intelligence.





A silhouette of a person pushing a large, heavy boulder up a grassy hill. The scene is set against a dramatic sunset sky with orange and yellow clouds. The sun is low on the horizon, creating a strong backlight effect. The person is leaning forward, pushing the boulder with their hands. The boulder is large and rounded, and the hill is covered in grass. The overall mood is one of struggle and perseverance.

# **SECURITY** **IS NEVER DONE**

The fight is wearing us down

# THE SYMPTOMS OF CYBER FATIGUE



“You get a bunch of emails that say don’t open any emails, blah, blah, blah. I think I don’t pay any attention to those things anymore.”

“I am not working for the government like you are, where everything is top secret and important. If [my data] is stolen or hacked into, no big deal.”

“If I took all the security measures possible ... is it going to make all that difference? I don’t have to be vigilant all the time. If it is going to happen, it is going to happen.”

A close-up, low-angle shot of a soldier wearing a tan helmet and black tactical gloves, looking through binoculars. The soldier's face is partially obscured by the binoculars and the helmet. The background is a clear, light blue sky. The overall tone is serious and focused.

## OUR MISSION

「 MY MISSION ISN'T ABOUT 1'S & 0'S,  
IT'S ABOUT MAKING THE  
WORLD A SAFER PLACE 」



A dramatic scene featuring the silhouettes of several firefighters in the foreground, facing a massive, intense fire that fills the background. The firefighters are wearing full protective gear, including helmets and jackets. The fire is bright orange and yellow, with thick smoke rising. The overall atmosphere is one of bravery and emergency response. The text 'YOUR ROLE: FIREFIGHTER' is overlaid on the left side of the image.

# **YOUR ROLE: FIREFIGHTER**

# SMARTER VS HARDER





An aerial photograph of a busy pedestrian crossing in Japan, featuring wide zebra stripes and red-paved sidewalks. A large crowd of people is walking across the street. In the top right corner, a green taxi and a black car are visible. On the left side, there is a white graphic element consisting of three overlapping triangles pointing right, which serves as a background for the text.

**THREAT-CENTRIC**

**SAFETY v SECURITY**

**SHARPEN THE AXE**



THREAT-CENTRIC



A photograph showing a person from the side, wearing a blue short-sleeved shirt with yellow trim on the sleeves and waist. They are crouching on a wet, grey concrete surface. Their right arm is extended into the open mouth of a large crocodile. The crocodile's mouth is wide open, showing its pink interior and sharp white teeth. The crocodile's body is covered in dark, scaly skin with lighter, bumpy scales along its back. The background is a wet, cracked concrete floor with some water puddles reflecting light. In the bottom left corner, there is a white triangle pointing towards the text.

**SAFETY, NOT SECURITY**





**SHARPEN THE AXE**

**APPLY WHAT YOU HAVE LEARNED**







For your  
**USERS**

Fixing security drag

**RIP AND REPLACE YOUR  
“WORST” SECURITY DRAG**



For your  
**BOARD**

Fixing security drag

**TAKE THEM BACK  
FROM TACTICS  
TO STRATEGY**




For your  
**TEAM**

Get off the “hamster wheel of pain”

**REMINDE YOUR TEAM  
OF THE BIG MISSION**



A man with short brown hair, wearing a dark blue button-down shirt, is shown in profile, looking towards the right. He is sitting in what appears to be a city street, with blurred figures of people and buildings in the background. The lighting is soft, suggesting dusk or dawn.

「 A GOOD PLAN VIOLENTLY  
EXECUTED NOW IS BETTER  
THAN A PERFECT PLAN  
EXECUTED NEXT WEEK. 」

— George S. Patton