

Chris Selwood

Cybersecurity Graduate

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PROFILE

Passionate MSc Cyber Security Graduate (Distinction) with a background in data, software, and operations across retail and technology. Committed to applying analytical skills to defend organisations against evolving cyber threats. Experienced in developing AI-driven security tools and aligning systems with ISO/NIST standards. Known for adapting quickly, simplifying complex problems, and turning technical insight into measurable success.

EDUCATION

MSc (Cyber Security) with Distinction, University of Westminster 09/2024 – 09/2025

- Built an AI-driven credential misuse detection framework, blocking 94% of attacks and detecting 100% of test credentials.
- Conducted red team operations on Active Directory and Ubuntu, uncovering vulnerabilities and providing actionable remediation.
- Designed ISO/IEC-aligned ISMS processes, strengthening threat detection and reducing organisational risk.

BEng Software Engineering (1st Class Honours), University of Westminster 09/2014 – 07/2017

EXPERIENCE

Operations Manager, Sainsbury's 07/2022 – 08/2024

Managed multi-department operations ensuring performance, cost, and compliance goals.

- Streamlined workflows and resource planning, improving team performance by 10% and cutting operating costs by 30%.
- Introduced just-in-time inventory processes that reduced waste by 30% and increased throughput speed by 40%.
- Oversaw compliance and quality standards, sustaining key performance metrics across a 24-month period.

Operations Controller, Zapi UK 12/2021 – 06/2022

Coordinated logistics and data processes to improve forecasting accuracy and operational efficiency.

- Developed forecasting tools that reduced client delivery delays by 75%.
- Introduced KPI monitoring, increasing efficiency by 20% and cutting labour hours by 10%.
- Enhanced data management in SAP/Oracle and optimised SQL workflows, improving processing speed by 60%.

Data Engineer, Stef & Philips 05/2020 – 11/2021

Built automation and analytics solutions to streamline logistics, reporting, and financial accuracy.

- Automated Salesforce workflows, cutting delivery delays by 75%.
- Created custom project management scripts, halving admin workload and enabling real-time client visibility.
- Optimised purchasing processes, reducing overspend from 25% to 5% and cutting correction time by 50%.

Data Analyst, Sainsbury's 07/2018 – 04/2020

Delivered data-driven insights to improve inventory accuracy and store performance.

- Optimised stock planning, boosting availability above 90% and halving perishable waste.
- Built KPI tracking tools that drove 5% year-on-year growth in underperforming regions.

SQL Developer, Marks & Spencer 12/2017 – 06/2018

Developed SQL solutions to enhance financial accuracy and operational efficiency.

- Optimised batch processing and automated tax updates, saving one day per week and improving accuracy.
- Corrected historical billing discrepancies, recovering £3m in overspend over six months.
- Audited SQL workflows, preventing £100,000+ weekly overspending and streamlining processes.

SKILLS

Cybersecurity and Frameworks — PTES, Threat Modelling, ISO 27001, NIST, **Threat Intelligence and AI** — Developed AI-driven credential misuse detection framework using Python and Machine Learning, **Ethical Hacking and Application Security** — Penetration Testing, Incident Response, and Vulnerability Analysis, using Metasploit and OSINT, **Cryptography** — AES, RSA, SHA, **Programming and Scripting** — Python, Java, C#, Bash, Kali and Linux Distros