

Chris Selwood

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Profile

Distinction MSc Cyber Security graduate (2025) and ISC2 Certified in Cybersecurity (CC) with experience in data analysis, software engineering, and security operations across retail and technology. Currently studying towards Security+ (CompTIA).

Skilled in AI-driven security, ISO/NIST-aligned systems, and threat mitigation. Known for simplifying complex problems and turning technical insight into measurable results.

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, Bash, using Kali Linux (security testing), C#, JavaScript

Education

CC - Certified in Cybersecurity

ISC2 (October 2025)

MSc (Cyber Security) with Distinction

University of Westminster (Sep 2024 – Sep 2025)

- Developed an AI-powered credential misuse detection framework, achieving **94%** attack mitigation and **100%** credential detection in realistic simulations
- Conducted full-scope red team operations on live Active Directory and Ubuntu environments, successfully identifying vulnerabilities, compromising key assets, and demonstrating actionable security gaps
- Designed and implemented **ISO/IEC**-aligned **ISMS** processes, enhancing threat detection and reducing risk exposure
- Currently **co-authoring** an IEEE research paper on AI-driven credential misuse detection with Dr Ayman El-Hajjar (University of Westminster) **post-graduation**.

BEng Software Engineering (1st Class Honours)

University of Westminster (Sep 2014 – Jul 2017)

In Progress

- Security+ (CompTIA)

Experience

Duty Manager

Sainsbury's (Jul 2022 – Aug 2024)

- Improved workflows, boosting performance by 10% and reducing costs by 30% through planning, process optimisation and forecasting
- Implemented JIT processes, reducing waste by 30% and accelerating throughput by 40%
- Maintained strict regulatory and operational compliance, maintaining KPI consistency over two years through monitoring and coordination

Operations Controller

Zapi UK (Dec 2021 – Jun 2022)

- Introduced forecasting methods, cutting client delays by 75% through data-driven logistics planning
- Implemented KPI monitoring, improving operating efficiency by 20% and reducing labour hours by 10%
- Improved data management with SAP/Oracle and optimised SQL. Increased data processing speeds by 60%

Data Engineer

Stef & Philips (May 2020 – Nov 2021)

- Reduced delivery delays by 75% with data-driven planning and automated Salesforce solutions
- Developed custom project management scripts, reducing administrative time by 50% and enabling real-time client monitoring
- Optimised purchase workflows, reducing overspend from 25% on budget to 5% and halving correction time

Data Analyst

Sainsbury's (Jul 2018 – April 2020)

- Optimised inventory levels, raising stock availability KPI above 90%, and cutting perishable waste by 50%
- Implemented KPI monitoring tools, driving 5% year-on-year growth in underperforming areas

SQL Developer

Marks & Spencer (Dec 2017 – Jun 2018)

- Reduced batch loading time by 50% and automated global tax updates, saving one day a week and improving accuracy
- Led a high-impact project correcting historical billing discrepancies, recovering £3m in overspend over six months
- Audited and resolved SQL batch processing errors, preventing over £100,000 a week in global overspending and improving workflows