



Security Awareness Training and Phishing Simulation

Program Summary and Results

IronGrid Security | Period covered: January 2024 to March 2024

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Program overview

IronGrid Security runs recurring lab based awareness sessions paired with phishing simulations. The purpose is to demonstrate how a security program measures behavior change and reduces risk over time. Training content focuses on phishing recognition, password hygiene, MFA usage, and reporting procedures.

Training cadence and content

Module: Phishing fundamentals

Format: Slide deck and quiz

Duration: 30 minutes

Key takeaways: Recognize red flags and report using the button.

Module: Password and MFA

Format: Live demo

Duration: 20 minutes

Key takeaways: Use a password manager and enable MFA on all apps.

Module: Data handling

Format: Short video

Duration: 15 minutes

Key takeaways: Classify data and avoid public sharing.

Module: Incident reporting

Format: Table top

Duration: 25 minutes

Key takeaways: Escalate quickly and capture details before notifying help desk.

Phishing simulation campaign

Campaign name: Office365 credential harvest. Audience size: 50 simulated employees. Delivery date: July 10, 2025. The template uses a realistic new device alert and a link to a spoofed login page.

Metric	Result
Emails delivered	50
Open rate	64 percent
Click rate	12 percent
Credential submission rate	4 percent
Report rate	22 percent
Median time to report	8 minutes

Sample phishing email text

Subject: New sign in on Windows device We detected a new sign in to your Microsoft 365 account from a Windows device. If this was you, no action is needed. If not, please verify your identity. Verify now:
<http://login-secure-microsoft.example> Security team

Improvement plan

- Introduce just in time micro trainings for users who clicked or submitted credentials.
- Roll out a report phishing button in the lab email client and track usage.
- Run a follow up campaign with QR code based phishing to test new patterns.
- Publish a monthly leaderboard that celebrates quick reporters.

Program KPIs over time

Quarter	Click rate	Credential submission	Report rate
Q1 2023	21 percent	9 percent	10 percent
Q3 2023	16 percent	6 percent	14 percent
Q1 2024	13 percent	5 percent	18 percent
Q3 2024	12 percent	4 percent	20 percent
Q2 2025	12 percent	4 percent	22 percent