**Michael Couchman**2082 Buckhorn Road, Lakefield, ON, K0L 2H0 | [michaeljcouchman@protonmail.com](mailto:michaeljcouchman@protonmail.com) | (437) 230-8261  
<https://www.linkedin.com/in/michael-couchman-28249615b>

**SKILLS**

**Cybersecurity Skills**

* **Network security** – proficiency in implementing and maintaining firewalls, access control lists, and VPNs to protect against cybersecurity threats.
* **Governance, Risk, and Compliance (GRC)** – familiar with GDPR, CCPA, Criminal Code of Canada, SOX Act/C-SOX, PIPEDA, FIPPA
* **Offensive security** – Familiarity with red team protocols and relevant security frameworks such as MITRE ATT&CK, and Cyber Kill Chain

**Project Management Skills**

* **Project frameworks –** Knowledgeable in a variety of project management methodologies including Agile, Scrum, Traditional Waterfall, Kanban, and Lean
* **Risk Management -** Proficient in anticipating barriers and risks, mitigating them through strategies, and ensuring project continuity.
* **Team Leadership –** Experienced with cross-functional and international teams, facilitating cooperation, and maintaining project momentum
* **Collaborative tools –** Proficient in version control software such as Git/GitHub, and experience in team project platforms such as WhatsApp, Slack, Visio, LucidChart, and Click Up.

**Technical Skills**

* **Security tools:** Proficiency in Wireshark, Metasploit, Nmap, Windows Defender, and FTK Imager.
* **Operating Systems:** Windows 10/11, Windows Server, Linux (Ubuntu, Kali), Android, and basic iOS.
* **Programming/Scripting:** Experience in Bash, Ruby, C, C++, Java, JavaScript, PHP, Python, PowerShell, SQL, Racket, HTML, CSS, and R.
* **Cloud environments:** Skilled and experienced with using cloud computing for projects via SSH and RDP. Familiarity and experience with AWS, Digital Ocean, and Oracle Cloud.
* **Electrical/Mechanical:** Proficient in MIG, TIG, Stick, and oxyacetylene welding, as well as electrical installations (residential-industrial), hydraulics and pneumatics. Automatic multiplexer programming and related handling of data files (i.e. CSV).

**LICENSES & CERTIFICATIONS**

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| * **Certified Privacy Management Professional** [**here**](https://mcouchman2024.github.io/Resume/privacy_management.pdf) * **Certified Scrum Master (CSM)** [**here**](https://bcert.me/sjgxcklce) * **ISC2 Certified in Cybersecurity (CC)** [**here**](https://www.credly.com/badges/55259f44-dd52-4d38-8e19-8dcdcb5cee9b/linked_in_profile) | **July 2024**  **June 2024**  **May 2024** |
| * **CompTIA Security+** [**here**](https://tryhackme-certificates.s3-eu-west-1.amazonaws.com/THM-N4VGK9NKHH.png) | **August 2023** |
| * **Test of Russian as a Foreign Language A1 (Элементарный А1)** [**here**](https://mcouchman2024.github.io/Resume/IMG_3528.jpg) | **Feb 2023** |
| * **G-Class Driver’s License** | **Present** |
| **For other prep courses and certificates see** [**Linked In**](https://www.linkedin.com/in/michael-couchman-28249615b/) **profile** | |

**EXPERIENCE**

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| **Student / Researcher (MSc.), McMaster University** | **Sept 2018 – December 2019** |
|  |  |
| * Assigned keyholder position working inside secured and controlled environments such as animal housing facilities. * Demonstrated trustworthiness and reliability in control over hazardous and controlled materials. * Administration and storage of dangerous or controlled substances (i.e. gaseous and liquid anesthetics) demonstrated safe and responsible use in compliance with legal regulations. * Multiplexer programming for automated gaseous analyses, with applications in computer automation, robotics, data management, and analysis. * Project management skills were demonstrated in managing experiments and facility time, data collection and analysis, and presentation of results. * Utilized a cross-functional team approach between researchers and resources of different departments, stakeholders, and supervisors. | |
| **Teaching Assistant, McMaster University** | **Sept 2018 – December 2019** |
|  |  |
| * Demonstrated scientific expertise by facilitating student physiology labs with setup and troubleshooting of equipment and lab software * Project management and data storage and analysis skills were demonstrated through the administration of online learning system content | |
| **Undergraduate Thesis Researcher (Hon. BSc.), Trent University** | **Sept 2017 – May 2018** |
| * Keyholder working in secure and controlled environments with animals demonstrated maturity, legal responsibility, and good character. Recommendations from animal care facility staff are available. * Project management skills were demonstrated in managing experiments and facility time, data collection and analysis, and presentation of results. * Used a cross-functional teams approach working with other researchers, their respective stakeholders, and overseeing faculty. | |

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| |  |  | | --- | --- | | **Security Guard, Securitas Canada** | **2006-2008** | |
| * Demonstrated adaptability by working in across different work sites: commercial & industrial. * Use of electronic surveillance, access control, and log maintenance demonstrate organization and responsible authority. | |

**EDUCATION**

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| **International Information System Security Certification Consortium (ISC2)**   * Member with ongoing CPE training | **May 2024-Present** |
| **University of the People (Pasadena, California)** Master of Science in Information Technology (MSIT)   * Cumulative GPA 3.82 | **Nov 2023-Present** |
| **McMaster University (Hamilton, Ontario)**  Master of Science in Biology (MSc.)   * Project terminated due to complications surrounding COVID-19 | **Sept 2018 -Dec 2019** |
| **Trent University (Peterborough, Ontario)**  Honour’s Bachelor of Science in Biology   * Extensive co-curricular involvement with accessibility services, as well as awards for academic achievement and cumulative honours. | **Graduated 2018** |
| **Fleming College (Peterborough, Ontario)**  College Certificate in General Arts & Science   * Academic stream change via upgrading program before entry | **Graduated 2017** |
| **Fleming College (Peterborough, Ontario)**  College Certificate in Electrical Techniques | **Graduated 2014** |
| **Fleming College (Peterborough, Ontario)**  College Diploma in Police Foundations   * Dean’s letters of academic achievement | **Graduated 2008** |

**PROFESSIONAL AFFILIATIONS**

* **CompTIA -** Present
* **The International Information System Security Certification Consortium (ISC2) –** Present
* **Chartered Institute of Information Security (CIISec) -** Present
* **ScrumAlliance –** Present

**LANGUAGES**

* English – Native Proficiency
* French – B1 proficiency
* Russian – A2 proficiency
* Tagalog – Beginner proficiency

**References available upon request**