

# Richard Frank

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A senior cybersecurity consultant with 6 years of experience collaborating with both public and private industry executives on projects spanning various cybersecurity domains. Experience delivering large scale program transformations, penetration tests, and cyber risk assessments. Working knowledge of a wide range of cybersecurity frameworks and standards including NIST, CIS, and MITRE ATT&CK.

## PROFESSIONAL EXPERIENCE

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### Wavestone, NYC, NY

#### Senior Consultant

June 2019 – Present

- Performed in-depth risk assessments of client's IT systems, using various frameworks, and developed remediation plans by leveraging client's risk-tolerance and resource availability.
- Performed penetration tests on client's web-applications, internal networks, and externally exposed assets to identify vulnerabilities and provide guidance to local teams to perform remediation.
- Completed the development and roll-out of a cybersecurity maturation plan for a large aircraft manufacturing company consisting of:
  - The creation of 10+ corporate information security policies based on the NIST CSF.
  - An updated network architecture incorporating next-gen firewall (NGFW) technologies to provide enhanced network segmentation between zones.
  - Implementation of a Privileged Access Management (PAM) solution to secure access to sensitive assets for administration.
  - The development of a corporate security awareness and training program based on current market trends which included training materials and a phishing campaign which led to a 25% decrease in overall potential compromises after the first exercise.
- Performed a SOC assessment for a multinational ICS/OT company (20B+ annual revenue) and guided the client through the RFP process to identify and select a new MSSP.
- Developed cloud migration roadmap to transition websites and web applications from multiple distributed hosting providers to a consolidated AWS platform (1800 sites/applications, 200 providers).

### NYSTEC, Albany, NY

#### Senior Consultant – Information Security

Feb. 2018 – June 2019

- Performed cyber risk assessments and developed cybersecurity program roadmaps for state and local government agencies.
- Managed and participated in penetration testing engagements for clients across multiple industries. Experience spans network intrusion, web application, physical, and internal network penetration testing.
- Designed and hosted tabletop tests to identify gaps in incident response and business continuity planning.

#### Senior Consultant – Program Manager

Dec. 2015 – Feb. 2018

- Managed design, development, and implementation of multiple health information technology projects, representing a \$5M budget, 7 consultants, and 13,000 hours.
- Managed 18 geographically dispersed consultants responsible for healthcare data analytics in public health agencies across New York State.

## EDUCATION AND CERTIFICATIONS

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**Bachelor's Degree - Computer Science**, Oregon State University (May 2022)

**Bachelor's Degree - Economics**, University at Albany – SUNY

**Security Essentials (GSEC)**, GIAC

**Project Management Professional**, Project Management Institute

## TECHNOLOGIES AND TOOLS

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### Programming Languages:

Python, Java, x86 Assembly

### Tools:

Kali Linux, Nessus, NMAP, BURP Suite, Wireshark, Metasploit, Google Cloud Platform, Amazon Web Services, Git