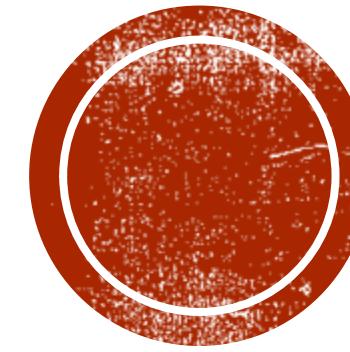


CYBERSECURITY & SELF-CARE

Keith Chapman



DISCLAIMER



**By 2025, lack of talent or
human failure will be responsible
for over half of significant
cybersecurity incidents**

Source: Gartner Predicts 2023



700,000

Unfilled cyber roles in the U.S.

(<https://www.isc2.org/Research/Workforce-Study>)



DO YOU KNOW?

- What specific role are you targeting?
- What are your long-term career goals?
- What kind of industry do you want to work in?
- What type of work/life balance do you want?



WHAT ARE COMPANIES LOOKING FOR?

Leaders identified the following skills as highly needed



46% cloud security



37% cyberthreat intelligence



34% malware analysis

Source: WEF Global Cybersecurity Outlook 2023

[INTERACTIVE MAP](#)[CAREER PATHWAY](#)[EDUCATION AND TRAINING PROVIDERS](#)[ABOUT](#)

⋮

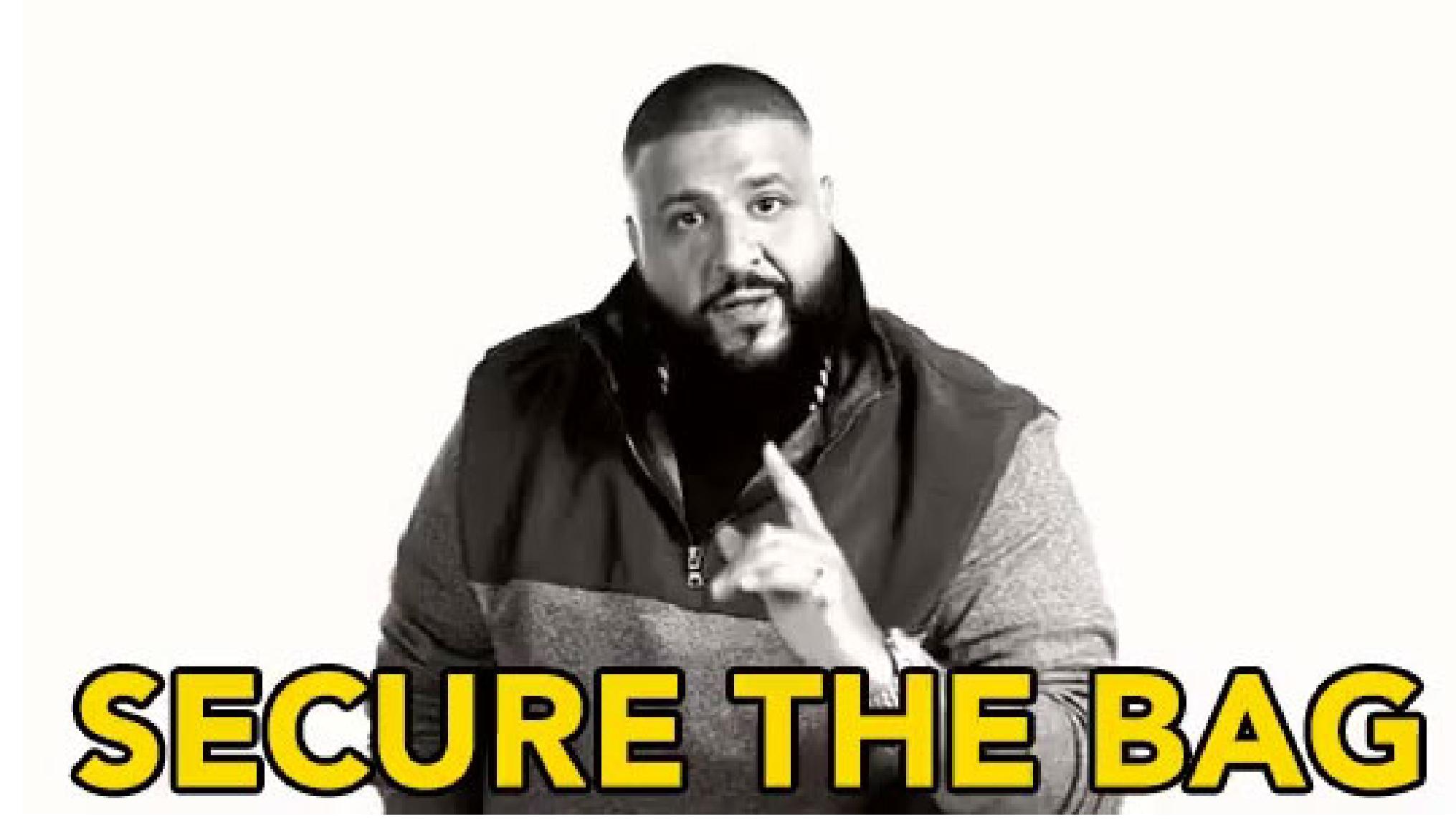
CYBERSECURITY CAREER PATHWAY

There are many opportunities for workers to start and advance their careers within cybersecurity. This interactive career pathway shows key jobs within cybersecurity, common transition opportunities between them, and detailed information about the salaries, credentials, and skillsets associated with each role. Note that jobs can span multiple career levels.

[Roles](#) [Skills and Certifications](#)[FEEDER ROLE](#)[Networking](#)[Software Development](#)[Systems Engineering](#)[Financial and Risk Analysis](#)[Security Intelligence](#)[IT Support](#)[ENTRY-LEVEL](#)[Cybersecurity Specialist](#)[Cyber Crime Analyst](#)[Incident & Intrusion Analyst](#)[IT Auditor](#)[MID-LEVEL](#)[Cybersecurity Analyst](#)[Cybersecurity Consultant](#)[Penetration & Vulnerability Tester](#)[ADVANCED-LEVEL](#)[Cybersecurity Manager](#)[Cybersecurity Engineer](#)[Cybersecurity Architect](#)

- www.cyberseek.org/pathway.html



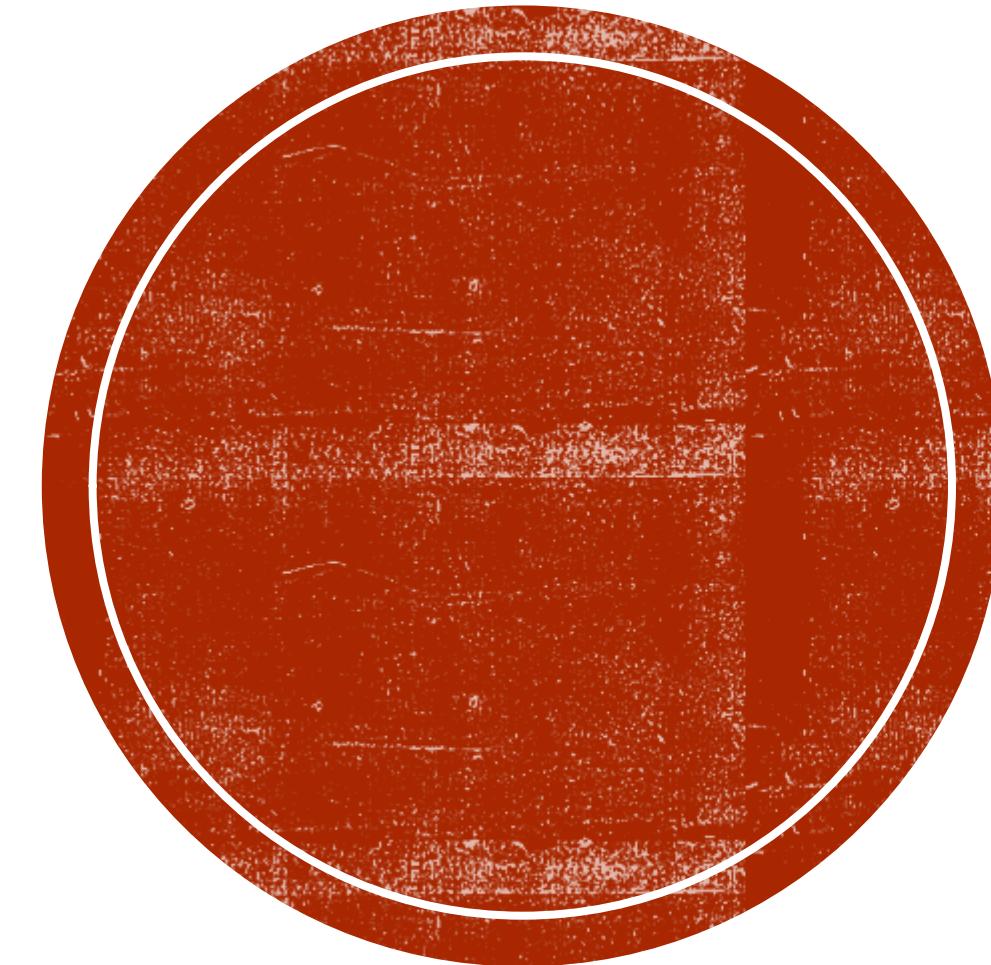


SECURE THE BAG

**WHAT DOES MY LIFE LOOK
LIKE 3 YEARS FROM NOW?**



UNDERSTAND YOURSELF



ISTJ

Responsible
Executors

ISFJ

Dedicated
Stewards

INFJ

Insightful
Motivators

INTJ

Visionary
Strategists

ISTP

Nimble
Pragmatics

ISFP

Practical
Custodians

INFP

Inspired
Crusaders

INTP

Expansive
Analyzers

ESTP

Dynamic
Mavericks

ESFP

Enthusiastic
Improvisors

ENFP

Impassioned
Catalysts

ENTP

Innovative
Explorers

ESTJ

Efficient Drivers

ESFJ

Committed
Builders

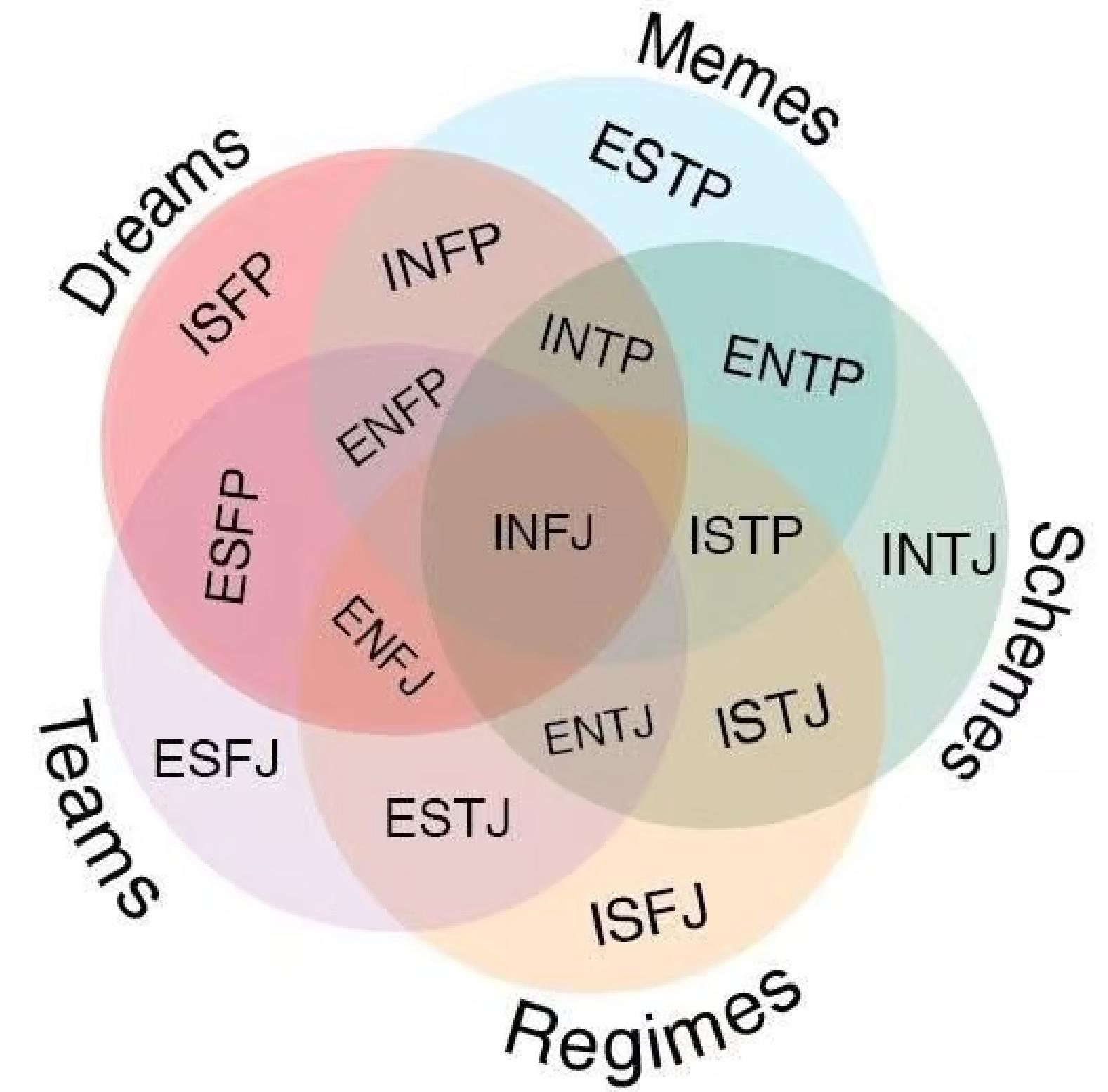
ENFJ

Engaging
Mobilizers

ENTJ

Strategic
Directors





A wide-angle photograph of a mountainous landscape at either sunrise or sunset. The sky is filled with soft, pastel-colored clouds transitioning from blue to orange and yellow. The mountains in the background are silhouetted against the bright horizon. In the foreground, there are dark, silhouetted trees and bushes. The overall atmosphere is serene and inspiring.

IKIGAI

**(n) a reason for being; the thing
that gets you up in the morning**

Reasons for Being



Workforce Framework for Cybersecurity (NICE Framework)

	Analyze Performs highly-specialized review and evaluation of incoming cybersecurity information to determine its usefulness for intelligence.	Specialty Areas ▾
	Collect and Operate Provides specialized denial and deception operations and collection of cybersecurity information that may be used to develop intelligence.	Specialty Areas ▾
	Investigate Investigates cybersecurity events or crimes related to information technology (IT) systems, networks, and digital evidence.	Specialty Areas ▾
	Operate and Maintain Provides the support, administration, and maintenance necessary to ensure effective and efficient information technology (IT) system performance and security.	Specialty Areas ▾
	Oversee and Govern Provides leadership, management, direction, or development and advocacy so the organization may effectively conduct cybersecurity work.	Specialty Areas ▾
	Protect and Defend Identifies, analyzes, and mitigates threats to internal information technology (IT) systems and/or networks.	Specialty Areas ▾
	Securely Provision Conceptualizes, designs, procures, and/or builds secure information technology (IT) systems, with responsibility for aspects of system and/or network development.	Specialty Areas ▾

[HTTPS://NICCS.CISA.GOV/WORKFORCE-DEVELOPMENT/NICE-FRAMEWORK](https://niccs.cisa.gov/workforce-development/nice-framework)





HOW CAN I PARTNER WITH OTHERS?

- ORGANIZATIONS
- MENTORS
- TEACHERS
- TRAINING





EXERCISE

DEEP BREATH

LAUGH

PRACTICE GRATITUDE

GET YOUR SLEEP

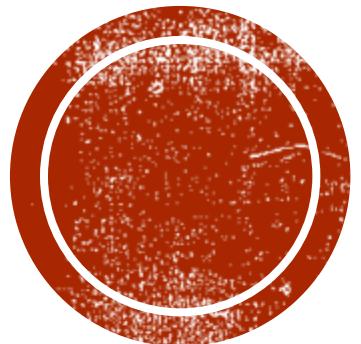
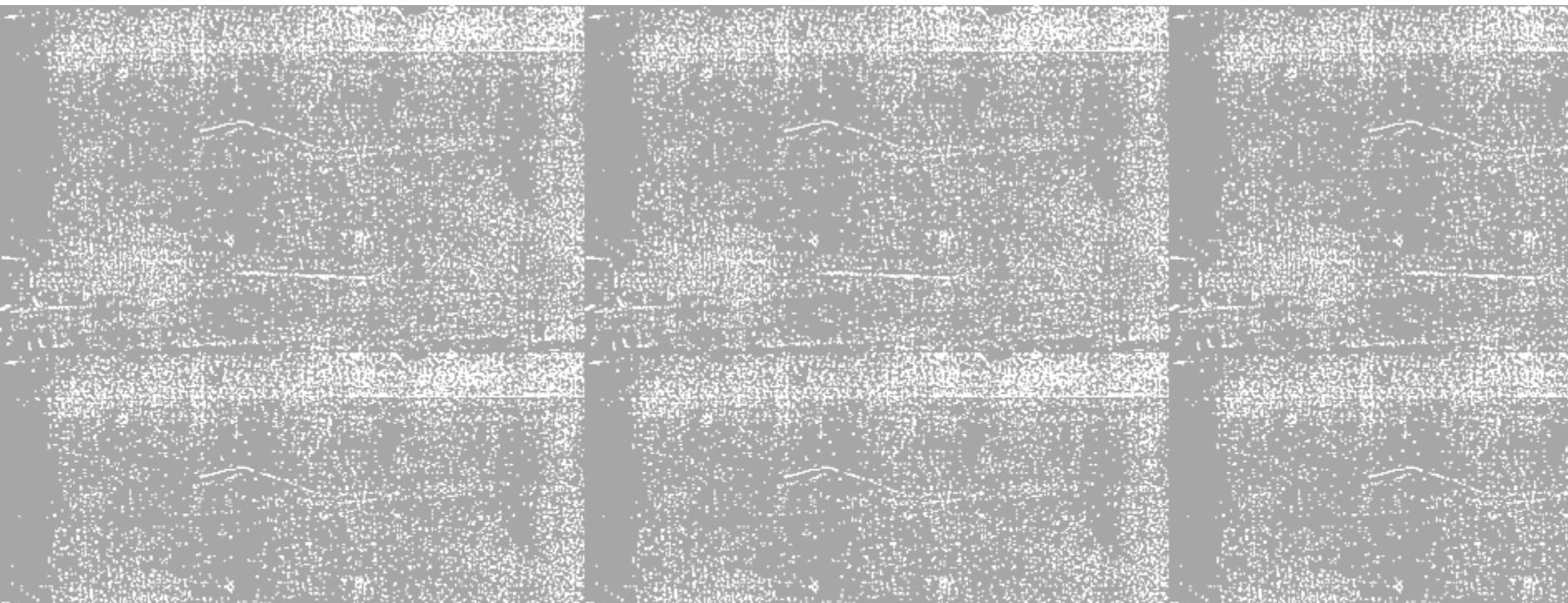
JOURNAL

REFRAME YOUR THINKING

MEDITATION

CONNECT WITH OTHERS

WHAT UNIQUE CHALLENGES DO UNDER- REPRESENTED PEOPLE GROUPS HAVE?



**WHAT DOES
SUCCESS
LOOK LIKE?**



MY JOB HAS THIS COOL THING

**WHERE IF YOU DO YOUR JOB VERY WELL,
YOU GET TO DO OTHER PEOPLES JOB TOO**



WRITE IT DOWN!



My story
in my
head.



My story
when I try
to write it
down.

REVENGE

REPORT!

- Before 10 AM!!
- Double check!

Revenue meeting
at 1 PM

TALK WITH JOHN

LIVE IT UP

MAKE YOUR MOVE

hell

talk with tom
work with claire
9:00 meeting
lunch + wine

flight
124
target

clients

MAIL SCHEDULE!!!

BALANCE

WORK-LIFE

DON'T BE LATE!

strong

new

70%

ordering wine...

CONFERENCE w/ RGB!

BAE TONIGHT

YEAH

BLE!!

HAPPY

BETTER THINGS ARE

CONFERENCE

MEETING AT 3PM

6 FLOOR.

Thanks for helping me!

Marketing meeting 9 AM

TEAM MEETING

BE HAPPY

TOMORROW

hilling

SMILE

WORRY LESS

GOALS

BE BOLD !!!

PLANT NEW CACTUS

WE CAN!!!

Coffee?? SSS

GAY PRIDE

IMAGINE !!!!!

TAX

DON'T BE LATE !

WORK SMART!!

To : Amy
thanks for your inspiration!
xoxo

Table POS

LINKING

LOVE

DEADLINE "TOPAY"

NEXT TRIP

next goal??

LUCK

mom - kids take care

THIS IS THE DAY!

Learning is INFINITE

hell

talk with tom

work with claire

9:00 meeting

lunch + wine

clients

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IMAGINE !!!!!

TAX

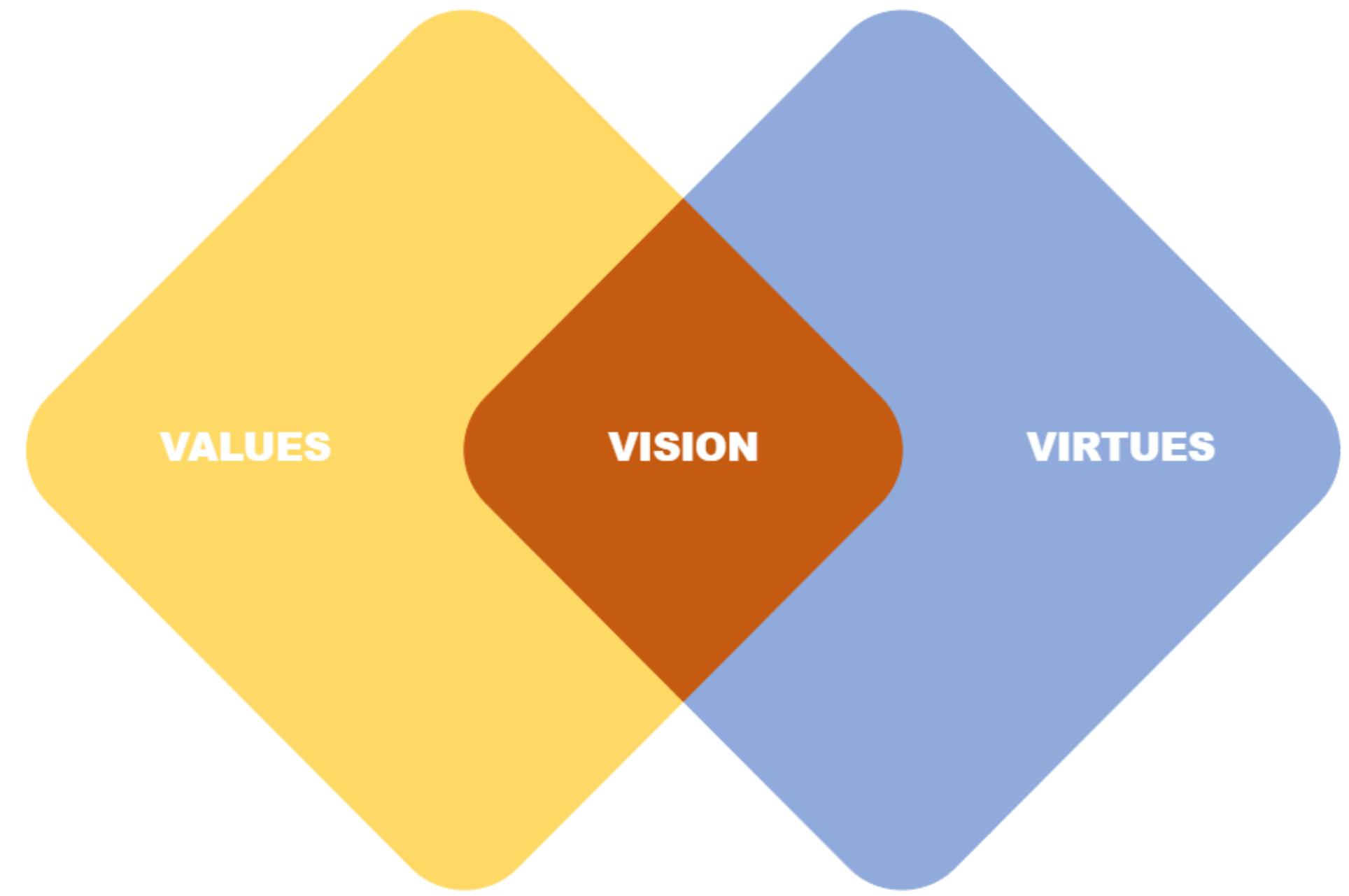
DON'T BE LATE !

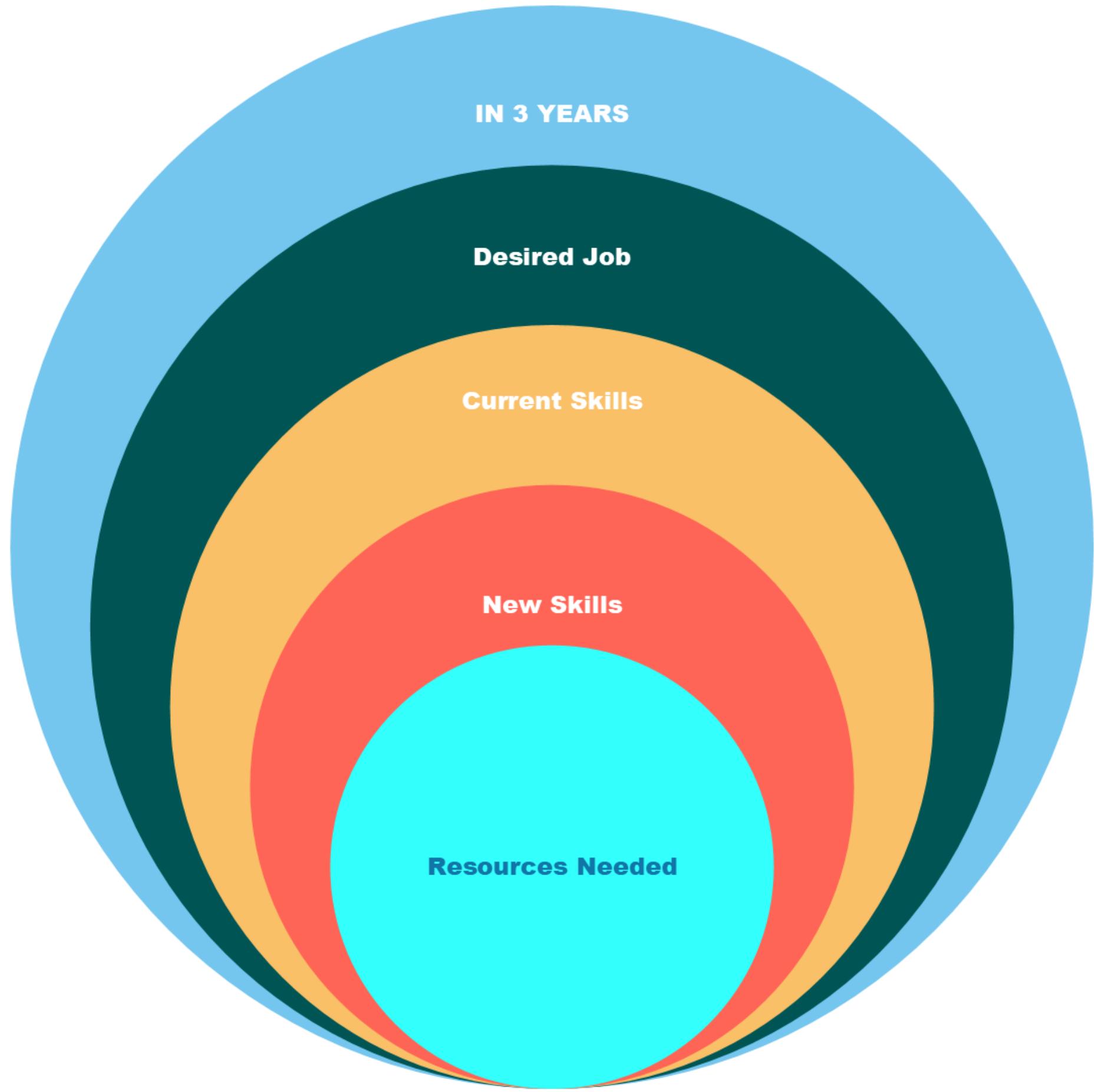
WORK SMART!!

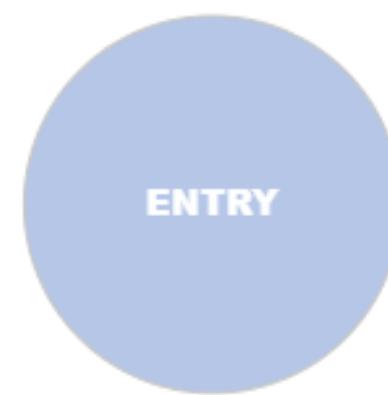
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Reasons for Being



NEW YORK TIMES BESTSELLER

UPDATED AND EXPANDED

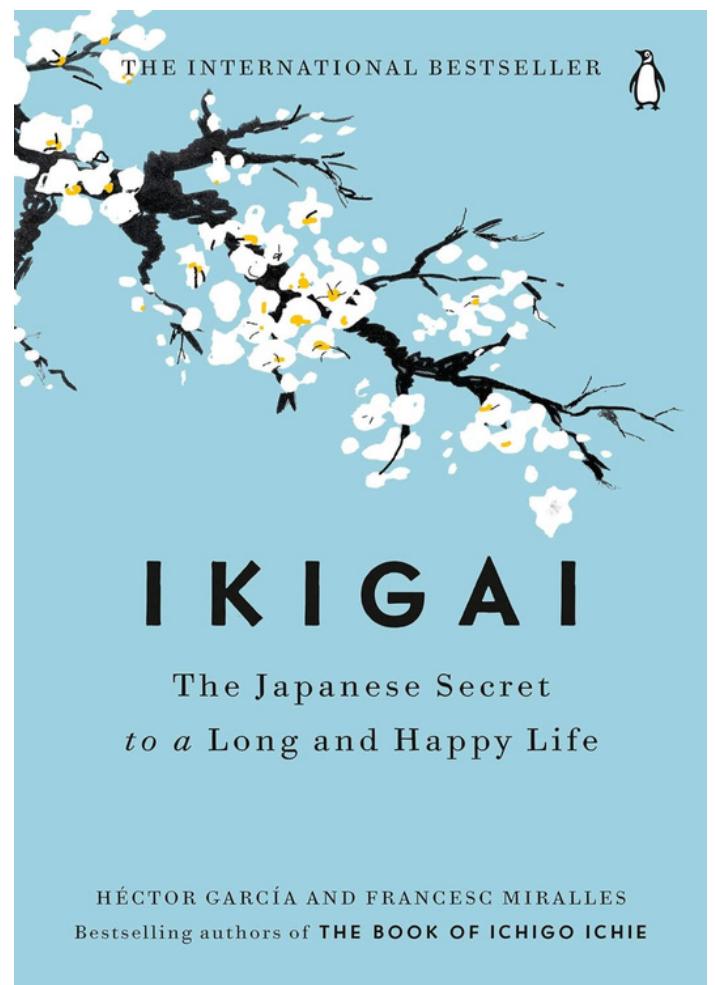
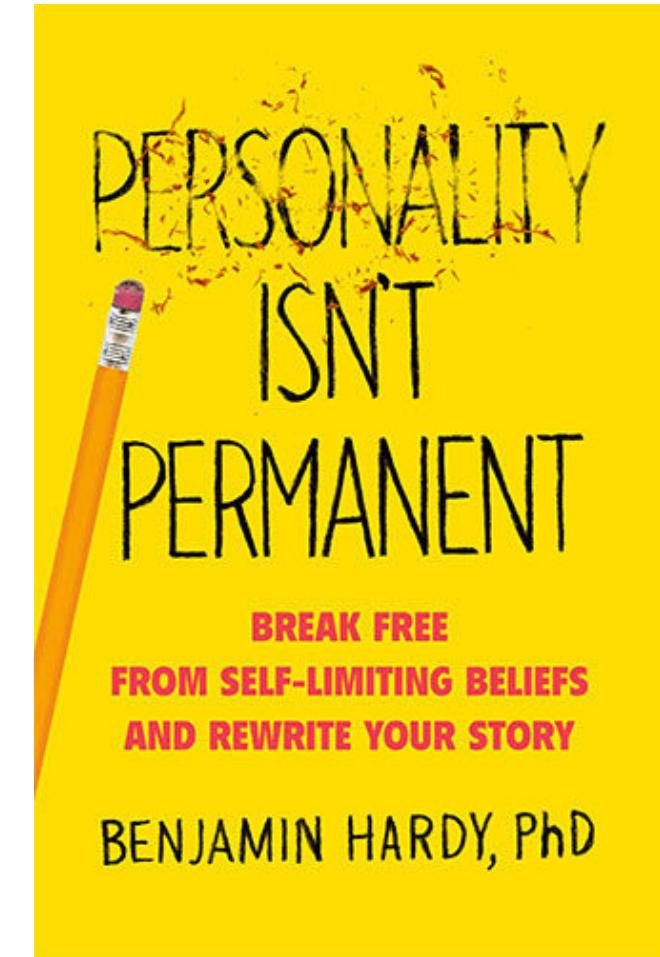
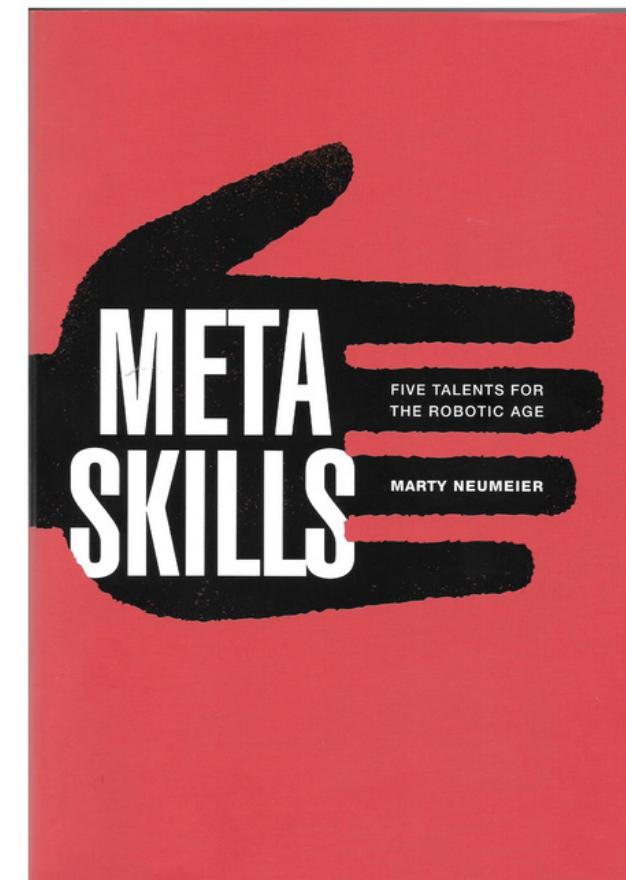
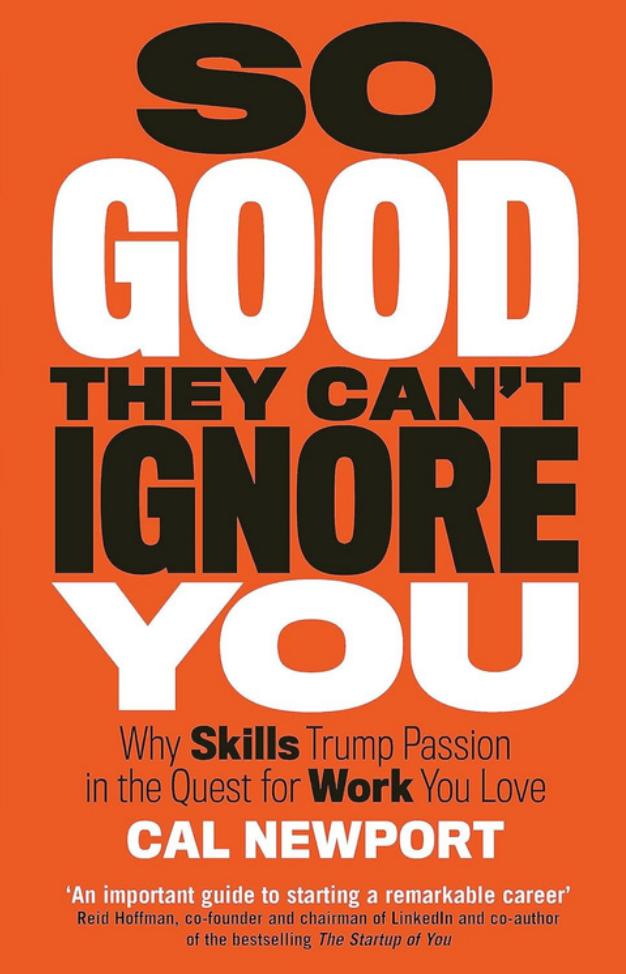
"Words leap off the page."
— USA Today

brain rules

12 Principles for Surviving and Thriving
at Work, Home, and School

JOHN MEDINA

Includes link to *Brain Rules* film



RECOMMENDED BOOKS

