

# DevSecOps Coach



## Rickard Åberg | MSc in Software Engineering

Bodekullsgatan 34b – 21440 Malmö

☎ +46 709 43 14 01 • ✉ rickard.aaberg@icloud.com  
in rickard-åberg-9866891 • 👤 kizouker • 📄 Rickard\_Aberg

*If you fall one-hundred times and then get up, the 101 time you never lost!*

### Customer experiences

---

#### Enterprises and organizations:

IKEA IT, Nordea, Ikano, Tre (Hi3G), Länsstyrelsen IT, Telenor, École des Mines, IDA Infront, Lindab, HemoCue, Hot Yoga Malmö, Radioforum, Sony

### Certification Badges

---



Microsoft Certified: Azure Fundamentals (AZ-900)



ICC Certified Coach



ISTQB Certified Tester Foundation Level (CTFL)

### Ethical Hacking and PenTesting

---

- Nanodegree, Ethical Hacking@Udacity, Burpsuite, Kali Linux, OWASP, OSINT
- Ethical Hacking- CyberMentor@FreeCodecamp
- Network Fundamentals@Cisco

### Cyber security and Cloud

---

- Microsoft Certified: Azure Fundamentals (AZ-900) cloud concepts, Azure core services, security and compliance. IaC, Powershell, Azure CLI
- Google CyberSecurity

## Cyber Security

---

- Red Team, Blue Team, Pink Team, Ransome Attacks, reverse-shell, HackTheBox,
- Ethical Hacking, Miltigate Spoofing attacks,

## Management by Heart

---

- NeuroLeadership, Phychological Safety
  - Agile, Lean, DevOps Culture, Safe
  - Trauma Therapy, PTSD litterature
  - Neurodiversity, Trauma-informed, Inclusivity
  - PI Planning, Social Psychology, Inout group, drama improvisation
  - Coaching, TeamLead, Group pscychlogoy
- Car driver's license*

## Todo

---

**<https://www.jhipster.tech/>**  
*Jhipster, Java Jascript*  
Open Source

**Remote**  
2025 VT –

## Developer experiences etc

---

**[https://github.com/kizouker/Fia\\_med\\_knuff.git](https://github.com/kizouker/Fia_med_knuff.git)**  
*Fia Med Knuff, Java Jascript .Net core RabbitMQ*  
Open Source

**Remote**  
2025 VT –

**Upgrade of phpbb**  
*radioforum.se*

**Git, branches, releasemanagement**  
2025

**Cloud Computing and Azure Security**  
*ReDI School of Digital Integration*

**Hands-on labs from Microsoft 12+**  
2025

**<https://github.com/zetkin/app.zetkin.org/>**  
*Zetkin Foundation, React Typescript*  
React Typescript Front-End Open Source

**Malmö**  
2024 VT –

**<https://www.opentripplanner.org/>**  
*Open Trip Planner (OTP), Java*  
OWASP plugin, Java21, GraphQL, python, open source

**Malmö**  
2023 VT –

**hotyogamalmö.se**  
*Hot Yoga Malmö, Wordpress*  
Wordpress, plugins, php, loopia

**Malmö**  
2022 HT

**ADBSafegate AB**  
*ADBSafegate AB, Fullstack Developer*  
Angular, typescript, Azure, Scaled Agile Framework, SAFe

**Malmö**  
2021-12 – 2022-06-01

**@ Udacity**  
*React.JS Nanodegree*  
Projects - reviewed and passed by react experts:

2019-2021

- <https://github.com/kizouker/reactnd-project-would-you-rather-starter>

## **Open Source**

*Therealantidepp*

Help people to avoid depression. Java 11 (HttpClient), Spring boot, Hibernate, RESTful API/JSON, Swagger.

**Malmö**

*2019-*

## **@ Verisure**

*Fullstack Developer*

Java8, android, Docker/Kubernetes, wildfly, maven, jsp, javascript, jquery, bootstrap, AJAX, RESTful, mysql (Cassandra), git/gerrit, Linux/Ubuntu, IntelliJ, SonaQube, Nexus, Jenkins CI, Artifactory.

**Malmö**

*2017-2018*

- Setup of Microservice deployment to kobol/galactica in kubernetes, myhotel
- Android development for ipcaminit
- Hands-on development in the GWIT/Installer Solutions, Fullstack – from db to javascript
- GDPR coordinator Responsible for analyzing the data passing through an application and how it relates to General Data Protection Regulation, communication with Legal, Projects and Managers.

## **@ SL**

*Community services in Stockholm*

Participated in the project responsible for improving processes around CM. Developing and maintaining a system in Java for sick travels. GitLab, Sonatype, Nexus, Maven, Git, JEE, Jenkins CI.

*HT2016*

## **@ Norwegian fur retailer**

*Java developer - Java EE, Spring, Maven, Hibernate and Linux Ubuntu.*

*2014–2015*

Bouvet maintains an auction web-site for a Norwegian retailer of fur materials, based on JEE, hibernate, java6. I have worked to support this the site, trouble shoot, fix bugs etc. One part has been to migrate from Redhat to Scientific Linux.

## **@ IKEA IT**

*Solution Architect*

Evaluated SaaS (Software-as-a-Service, cloud computing) for a custom support system to be presented to the enterprise architecture board (EAB). The report took into account aspects such as integration issues, security, capacity, economy, legality etc.

**Helsingborg**

*2011–*

## **@ Hi3G (TRE)**

*System Integration Specialist – TIBCO - Application Lead, Stockholm*

*2011–*

Application Lead for EAI (Enterprise Application Integration) – a layer consisting of 15 adapters to systems for example Billing (Single.E.View), CRM (PeopleSoft) and so on.

## **@ -IKEA IT**

*Java Developer and Project Coordinator, During my assignment at IKEA IT in 2008, parts of the organization*

## **@ Telenor**

*Java Developer and Integration specialist*

Back-end and system integration developer Java EE and Tibco products. Delivering speed and progress for the project which was six months late after schedule. CI-servers, cruise control – code coverage etc.

**Oslo/Malmö**

*2004–2012*

- Jira plugin developer, java, velocity.
- Process Designer for BPM-systems
- Defining a template for Software Architectural Description after read-in on Togaf, Zachman, Krutchen4+1, and SEI's views and beyond.

- System integrator tester, on site in Norway, making the final integration tests for a large BPM system that was later prized with the silver medal in BPM global Awards. Webservices, JMS, Tibo Inconcert, Integration Manager.
- Java Developer, IKEA IT
- Test Leader for J2EE project, Sony Ericsson
- Project Coordinator, IKEA IT

#### **@ Ecole des Mines**

*research engineer*

desc

**Nantes/France**

*2003–2004*

- As part of the research project EASYCOMP integrated Vienna component framework with the cutting edge framework for Event-based Aspect-Oriented Programming, by effectively communication with researchers in Vienna. Used java and rmi.
- Software Developer/Java for a digital library project. Analysis and design in UML and coding using J2EE, Struts, Mysql]

## **Project Mgmt, Scrum master etc**

---

#### **@ Länsstyrelsernas IT-enhet**

*Problem Manager*

*2015-2016*

ITIL, problem process, incident management, service management, cross-functional teams, root cause

In the role as Problem Manager within Länsstyrelsernas IT-enhet, via Västra Götalands region I have driven, and coordinated meetings to solve problems spanning over different departments. Daily contact with incident managers, the coordinator for service desk, service managers for areas such as Webb, Network, Print, Hardware, Gis, Windows, Integration and message technology. Identifying bottlenecks in groups, and roles and escalating to process owner and senior management. Successfully implemented a new architecture together with an architect in one area which decreased monthly error codes from 1400 to 50.

#### **@ Nordea**

*Senior Project Manager / Scrum Master*

**Cph/Denmark**

*2014-2015*

Several roles, Scrum, DevOps, Java

In the role as DevOps Coach / Scrum master I have introduced agile/scrum methodologies and tools (git, jira, confluence) for a cross-functional team consisting of Operation Specialist, Automic specialists and Developers to setup test environments (preprod/uat), deployment, alarms and monitoring solutions.

Facilitated Scrum artefacts such as:

- Sprint planning meetings
- Sprint Demo
- Retrospective

- Individual coaching sessions

In the role as Senior Project Manager I've been driving different infrastructure projects around IaaS/Amazon EC2 PoC:

- Project planning and documentation
- Setting up QRA – risk analysis
- Started a cross organizational local group for puppet automation, to share knowledge.
- Contact with vendors, AWS and Tibco for Staffing and advise
- Initial architecture for grid solution based on Tibco DataSynapse, and Amazon EC2 for a computing grid in the cloud.
- Hands-on java coding to interface to an integration motor, to provide a framework for an improved deployment solution. Springboot, maven3,

### **@ IKANO Bank**

*DevOps, Automatic Deployment, Knowledge Transfer, Release Management 2012-2014*  
desc

- I was responsible and secured the deployment of ikanobank.se. One part of the project was to facilitate a knowledge-transfer from Germany to Denmark. At the same time I took several initiatives necessary to create a successful environment to deploy in, both technical-wise and process-wise.
- The continuous improvements, knowledge-transfer, documentation clean-up, retrospectives, coaching of ops team in agile methods and introduction of ways of working with a DevOps/C.D. Tool, CA Lisa resulted in decreased resources by about 75% and improved quality multiple times. Handling and took initiatives to several sub-projects.
- Technology stack: MS .NET, BizTalk, CA Lisa/Nolio, Jenkins, Infrastructure, Load balancing, SCOM etc. Led a team of operations specialist and coordinated work between 15 people including developers, testers, etc.
- Work in Germany, Denmark and Sweden.

## **Process Management**

---

- |               |                |
|---------------|----------------|
| ○ Change Mnmt | ○ Release Mnmt |
| ○ Deploy Mnmt | ○ Problem Mnmt |
| ○ ITIL        | ○ GDPR         |

## Education

---

### Google/Coursera

Google CyberSecurity Fundamentals

2023 HT– 2024 VT

### Lund

ToastMasters, Public Speaking

2023 VT – Ongoing

### Udacity@Palo Alto

SRE, Fullstack and Front-end, Grafana, Terraform, Kubernetes, AWS2022 HT – Ongoing

### Malmö University

Malmö

Pedagogical Drama, Story Telling, Improvisational theatre, Groupe Dynamics 2020

### Udacity@Palo Alto

Remote

React.JS (ES6, React, Router, Redux, Native) Nanodegree

2019-2021

### Blekinge Institute of Technology

Ronneby

Programming and Problem-solving in Python. 2.5 ECTS

2016

### Linköping Institute of Technology

Linköping

MSc in Computer Science and Engineering. 300 ECTS

1996 –2003

Computer/IT-Security, Software production, Artificial Intelligence, Object-Oriented Programming, Functional Programming, Real time programming, Lisp/C, Advanced computer architecture, Hardware construction, Embedded development with micro-controller

## Courses

---

**Agile:** Certified Scrum Master (CSM) Software Consulting Öresund AB

**Coaching:** International Coaching Certificate, (ICC, ICF, EMCC), SLH - Center of Excellence in Thailand, Banh Phee, Lars-Eric Uneståhl, PhD

**Communication:** 18 days workshop during a whole year on NonViolent-Communication (Varg och giraff-språk)

**Negotiation:** Negotiation workshop, Förtags Ekonomiskt Institut (FEI)

**Project Management:** Practical Project Management Wenell Management.

**Pedagogical drama, Story Telling, Improvisation :** Malmö University

**Front-End:** React

**DevOps:** CA Lisa Release Automation (Nolio) (Continuous Delivery) CA Technologies Inc.

## Master thesis

---

**Title:** On the automatic evolution of an OS kernel using temporal Logic and AOP

**Supervisors:** Julia Lawall PhD, Mario Südholt PhD, Gilles Muller PhD

**Description:** In IEEE International Conference on Automated Software Engineering, Montréal, Canada, pages 196 –204, 42 citations

[https://www.researchgate.net/publication/220883611\\_On\\_the\\_automatic\\_evolution\\_of\\_an\\_OS\\_kernel\\_using\\_temporal\\_logic\\_and\\_AOP](https://www.researchgate.net/publication/220883611_On_the_automatic_evolution_of_an_OS_kernel_using_temporal_logic_and_AOP)

## What people have said about me

---

- “1” “Rickard became rapidly proficient in all technologies by effectively communicating with the research engineers and has delivered to all my requirements’’, Mario Södholm, associate professor OBASCO group at Ecole des Mines
- “2” “Rickard has rapidly, with great accuracy and interest fulfilled the requirements of which the roles demanded. He is also responsible and enterprising“. “Rickard’s work has meant close cooperation with several clients and demanded great communication skills to understand the end-users needs’’ “we give him our best recommendations’’ – Cybercom
- “3” “ Rickard is ambitious and dedicated to his work and his team the reason for our success with a stable environment“ - Frank Amersbach, Head of Technical operations, Ikano Bank
- “4” “Rickard has not only used the existing processes but also simplified and improved them“ “Rickard is goal-oriented, planning-oriented and flexible“ - Jonas Paulsson Länsstyrelsen IT

## Languages

---

**Swedish:** Mother tongue

**English:** Professional proficiency

**French:** Professional proficiency

## Industry sectors

---

- |              |               |
|--------------|---------------|
| ○ Aviation   | ○ Hospitality |
| ○ Healthcare | ○ BioTech     |
| ○ Security   | ○ Energy      |
| ○ Public     | ○ Telecom     |
| ○ Finance    | ○ Trade       |

## Employments

---

### ReDI School of Digital Integration

*Cloud Computing och Azure-kurs*

2025

Praktisk kursfokuserad utbildning inom Azure, molnsäkerhet och DevOps. Förberedelse inför certifiering med case-baserade projekt.

### ADBSafegate AB

Malmö

*ADBSafegate AB, Fullstack Developer*

2021-12 – 2022-06-01

Angular, typescript, Azure, Scaled Agile Framework, SAFe

**Zaplox AB***Zaplox AB, Fullstack Developer*

Vue.js node javascript css AWS

**Lund***2021-06 – 2021-09***Udacity***React.JS Nanodegree*

Portfolio Projects - reviewed and passed by react experts

**Remote***2019-2021***Verisure Innovation***Senior Software Engineer***Malmö***Aug 2017-Nov 2018***Bouvet Syd AB***Managing Consultant*

Java Developer, Team Leader/CUManager/Partner Responsible DevOps

**Malmö***May2012 – Dec2017***Cybercom***Consultant*

Java, Integration, Test

**Malmö***May2004 –Feb 2012***Ecole Des Mines***RnD Engineer***Nantes/France***Mar 2003 –Feb 2004***Ecole Des Mines***Thésard*

MSc Thesis

**Nantes/France***Mar 2003 –Feb 2004***Hemocue***Embedded Developer***Ängelholm***Jul 2002 – Sep 2002***Interests**

---

**hobby 1:** Yoga and Meditation**hobby 2:** Dance and Martial Arts**hobby 3:** Singing and playing piano**References**

---

**Managers**

○ Mathias Hansen

○ (more upon request)

**Peers**

○ Peter Törnkvist,

○ (more upon request)

**Msc**

○ Julia Lawall, and

○ Mario Sudholt

(more upon request)

**I managed***Martin Björcke, and David Bennehult also (all available upon request).*



# Experience from Tools, Technologies and methods

---

## Programming languages

- Java/JEE/Spring/Android
- JavaScript, ES6, React, Redux, Bootstrap, HTML/CSS
- Python
- Lisp, ocaml (functional)
- SQL, PL/SQL, MySQL
- Assembler (PIC, Cop8, 68000)

## Methods

- Scrum
- Kanban
- DevOps
- ITIL
- Continuous Delivery
- C.D. Toolchain/pipeline

## Design principles

- Object-Oriented Analysis – UML
- Aspect-Oriented Programming
- Service-Oriented Architecture

## Tools

- IntelliJ, Visual Code
- Jira / Confluence
- Remedy / Serena / MS Service Desk

## Application Servers

- Apache Tomcat
- JBoss/Wildfly

## Version Control, build, CI, CD

- Git/Gerrit, gitlab, github, bitbucket
- Gradle, Maven, Ant, npm, yarn
- Docker, Kubernetes, Ansible
- Bamboo, Jenkins, CruiseControl
- JFrog Artifactory, SonarQube
- Azure, AWS

## System integration

- Mule ESB Studio
- TIBCO Business Works, Rendez-vous
- Active MQ / JMS / RabbitMQ
- Json, XML, XSD Schemas
- SoapUI / Postman

## Operating Systems and Containers

- Windows Server
- Unix and Linux (Ubuntu)
- Mac Os X
- Android
- iOS (Iphone)
- Docker/Kubernetes

## Databases

- MS SQL Server
- Oracle
- Mysql
- PostgreSQL