



In []: Training Day 18 Report- 10 July 2025

Introduction

Day 18 explored social engineering – how attackers manipulate human behavior how organizations can reduce risk through training and policies.

Key Concepts Discussed

We covered common social engineering techniques: pretexting, baiting, tailgating, impersonation. The ethical boundaries for testing human elements were stressed with consent and awareness.

Lab Preparation in Theory

Theoretical scenarios were prepared for safe role-play exercises that test awareness without causing harm. The trainer explained how to debrief participants and use results constructively.

Practical Understanding (Theory)

We discussed building an organizational awareness program, incident reporting and how to measure effectiveness of training over time.

Key Takeaways

People are often the weakest link; empowering them through realistic training can significantly reduce risk.

Conclusion

Tomorrow we will dig deeper into phishing techniques and email-based attacks, focusing on defensive orientations.