

Lucas Benda

📞 319-464-2611

✉ lucasjbenda@gmail.com

 Lucas Benda  My Website

 lukebenda

📍 Minneapolis, MN

Technical security consultant with hands-on experience in risk management, vulnerability assessments, and cloud security. Strong ability to communicate complex security challenges to both technical teams and executive stakeholders. Passionate about bridging security and business needs to drive effective solutions.

Certificates

- AWS Certified Cloud Practitioner (CLF-C02) 
- Payment Card Industry Associate Qualified Security Assessor (PCI AQSA) 
- Approved Scanning Vendor (PCI ASV) 
- HITRUST Certified CSF Practitioner (CCSFP) 

Professional Experience

Cybersecurity Risk Consultant, RSM US LLP

July 2021 – present | Minneapolis, MN

- Partnered with 40+ clients to assess security gaps and recommend solutions to improve network security, IAM, and compliance readiness (PCI, NIST, etc.)
- Conducted 100+ vulnerability scans and multiple web app penetration tests, providing clients with actionable remediation strategies to reduce risk
- Translated complex technical findings into business-focused insights for senior leadership, enabling informed decision-making
- Managed multiple client engagements simultaneously, leading security briefings and coordinating with cross-functional teams to drive outcomes

Cybersecurity and Hacking Teaching Assistant, CodePath (part time)

January 2022 – April 2022

- Instructed 50 students on cybersecurity concepts in breakout rooms during class sessions
- Conducted 10 office hour sessions and offered support via Slack to guide dozens of students through topics discussed in class
- Completed 50+ CTF exercises based on OWASP Top 10, along with assignments simulating penetration testing, social engineering, and honeypots

IT Intern, CBE Companies

May 2018 – July 2021 | Cedar Falls, IA

- Implemented phishing training system to test, prepare, and train 1,000+ employees on a monthly basis about phishing attacks
- Revealed to IT executives through the training system that 25% of company employees were unprepared to respond to phishing emails
- Examined and collected company data to complete 50+ security questionnaires for various compliance standards
- Launched SharePoint migration project to boost company-wide productivity with an updated, user-friendly version



Education

B.S. Computer Science | B.A. Cybersecurity,

St. Ambrose University

May 2021 | Davenport, IA

- 4.0 GPA
- Minor in Criminal Justice
- Baseball student-athlete
- Student activities student coordinator
- Member of: computer club, campus activities board, dance marathon

Cybersecurity (CYB 102), CodePath [↗](#)

August 2020 – December 2020

iOS Development, CodePath [↗](#)

September 2022 – November 2022



Skills

Languages

Python, Bash, Swift, HTML/JS/CSS

Tools

Kali Linux, Metasploit, Burp Suite, Qualys, Nmap, Active Directory

Frameworks

PCI DSS, NIST CSF, HITRUST

Cloud Security

AWS basics, IAM

Technical Writing

Report writing, Presenting

- Designed 10+ SharePoint sites for company departments, including international operations
- Produced dozens of reports for 200+ SharePoint sites to analyze their usage, relevance, and misplaced data

Enablement Engineer/Identity & Access

Management Intern, CUNA Mutual Group [↗](#)

June 2020 – May 2021 | Madison, WI

- Configured LastPass password manager tool for 3,500+ employees to incentivize stronger user passwords throughout the company
- Structured new repository in GitHub to improve code exchange processes with vendors
- Constructed 10+ build and release pipelines to automate the deployment of code changes

Cybersecurity Research Intern, U.S. Army Combat Capabilities Development Command [↗](#)

June 2019 – August 2019 | Rock Island Arsenal, IL

- Investigated the importance and implementation of cybersecurity in the supply chain to better manage the risk of counterfeit products
- Published an article from counterfeit cybersecurity research on the Department of Defense's counterfeit risk management portal that is referenced by thousands of federal government workers
- Analyzed data trends in quality assurance utilizing both Department of Defense and internal data resources to test equipment more efficiently