**JUSTIN DOWLING**  
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### SUMMARY

Hands-on cybersecurity practitioner specializing in penetration testing, network defense, and secure systems deployment. Experienced in building and managing virtualized environments for adversarial simulation, vulnerability assessment, and system hardening. Proficient across Linux, Windows, and cloud infrastructures with practical skills in DNS, email, and firewall configuration. Active in continuous lab-based learning through TryHackMe and Hack The Box.

### CORE COMPETENCIES

Penetration Testing • Vulnerability Assessment • Network Administration • Firewall Management • DNS & Email Configuration • Incident Response • Virtualization (Proxmox, VMware, Hyper-V) • System Hardening • Linux Administration • Python & Bash Automation

**Tools:** Metasploit, Burp Suite, Nmap, Wireshark, Nessus, GVM, ZAP, Hydra, Nikto, Empire  
**Operating Systems:** Linux, UNIX, Windows, macOS  
**Scripting:** Python, Bash

**Frameworks:** OWASP, MITRE ATT&CK, PTES, PCI DSS, NIST 800-53, GDPR

### TECHNICAL EXPERIENCE

**Co-founder / Systems Administrator / Content Developer — Virtualize Everything**  
Oct 2020 – Present  
• Built and maintained multi-node virtual lab environments for cybersecurity demonstrations, penetration testing, and adversarial emulation.  
• Deployed and secured cloud-based infrastructure including web, email, and DNS services.  
• Produced technical tutorials and cybersecurity education content reaching over 11,000 subscribers and 2 million total views.  
• Managed system security, patching, and segmentation within virtualized environments.  
• Administered Proxmox-based virtualization platform supporting continuous testing and tool development.

**Computer Technician — Maine State Agency for Surplus Property**  
Apr 2009 – Jun 2010  
• Diagnosed, repaired, and refurbished over 30,000 Apple laptops and desktops for redistribution to the general public.  
• Performed component-level maintenance, OS reinstallations, and hardware reconfigurations.  
• Provided direct user support and system troubleshooting to agency staff.

### TECHNICAL PROJECTS

• **Penetration Testing Lab:** Deployed VM environments replicating enterprise networks for exploit testing, payload development, and IDS/IPS evasion.  
• **Secure DNS and Mail Server:** Configured domain, SPF, DKIM, and DMARC for authenticated mail delivery with hardened configurations.  
• **Firewall and VPN Deployment:** Implemented iptables and pfSense firewalls with OpenVPN for segmented and encrypted network access.  
• **Cloud-Based Service Hardening:** Built and secured cloud instances for hosting web applications and backend services with active monitoring.

### EDUCATION

Associate of Applied Science — Kennebec Valley Community College, 2009  
TryHackMe — Top 2% Global Ranking (2022–Present)  
Hack The Box — Active Participant (2022–Present)

### CERTIFICATIONS

CompTIA A+ (2011)  
Cisco Introduction to Cybersecurity (2025)

Cisco Ethical Hacker (2025)  
**In Progress:** CompTIA Network+, CompTIA Security+, ISACA CISM

### ADDITIONAL EXPERIENCE

Sales Associate (Electronics) — Walmart (2023–2024)  
Traffic Technician II — Century Engineering (2019–2022)  
Watchperson — Maine Capitol Police (2016–2019)  
Transportation Worker II — Maine DOT (2012–2016)  
Transportation Aide — Maine DOT (2010–2011)