

# ISOLDE CARRINGTON

## Cyber Security Manager

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📍 Bellevue, WA

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## WORK EXPERIENCE

### Cyber Security Manager

#### Nintex

📅 2021 - current 📍 Bellevue, WA

- Cataloged and evaluated security incidents using IBM Resilient, improving reporting accuracy and reducing time spent on incident documentation by 13 hours per month
- Implemented Splunk for real-time threat detection, **leading to a 38% decrease in incident response time and \$200,654 savings in annual potential breach costs**
- Spearheaded the deployment of Palo Alto Networks Next-Generation Firewalls, enhancing network security and reducing breach incidents by 43% within six months
- Applied a multi-layered security framework utilizing Okta Identity Cloud, improving user access management for over 3,004 employees

### Security Consultant

#### Cisco Systems

📅 2018 - 2021 📍 Bellevue, WA

- Advised clients on cybersecurity strategies, leading to the deployment of Symantec Endpoint Protection for over 508 endpoints
- Utilized Snort for real-time traffic analysis and intrusion detection, **identifying and neutralizing 226 potential attacks in the client network**
- Planned and implemented firewall configurations that improved security posture for 18 major clients, achieving a zero-incident rate during engagement
- Expanded the scope of security assessments by incorporating Nagios, enhancing uptime monitoring and reducing downtime incidents by 21%

### Security Analyst

#### F5 Networks

📅 2015 - 2018 📍 Seattle, WA

- Collaborated with cross-functional teams to integrate Forcepoint DLP solutions, resulting in the prevention of 54 data leaks in the initial year
- Designed and executed vulnerability assessments using Qualys, **aiding the remediation of 128 critical vulnerabilities within three months**
- Harnessed VeraCrypt for secure data storage, which safeguarded sensitive client information across 218 accounts
- Configured and maintained firewalls, achieving a 98% effectiveness rate in blocking unauthorized access attempts

## EDUCATION

Bachelor of Science

Information Technology and  
Cybersecurity

**Central Washington University**

📅 2011 - 2015

📍 Ellensburg, WA

## SKILLS

- Palo Alto Networks Next-Generation Firewall
- Snort
- Splunk
- Symantec Endpoint Protection
- Qualys Vulnerability Management
- Forcepoint Data Loss Prevention
- Okta Identity Cloud
- VeraCrypt
- Nagios
- IBM Resilient