



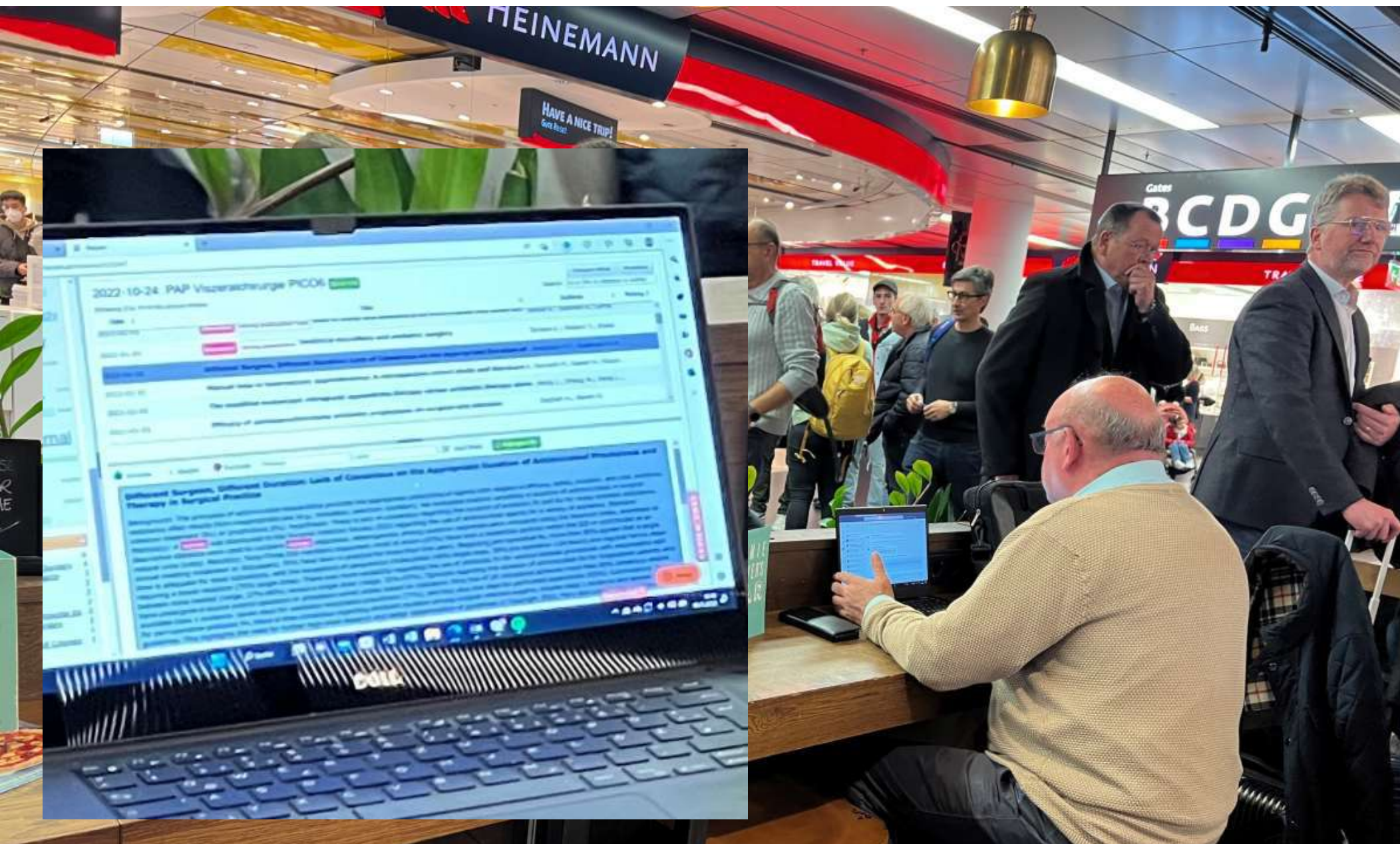
# Security and people – for good and bad

Erlend Andreas Gjære | Co-founder/CEO

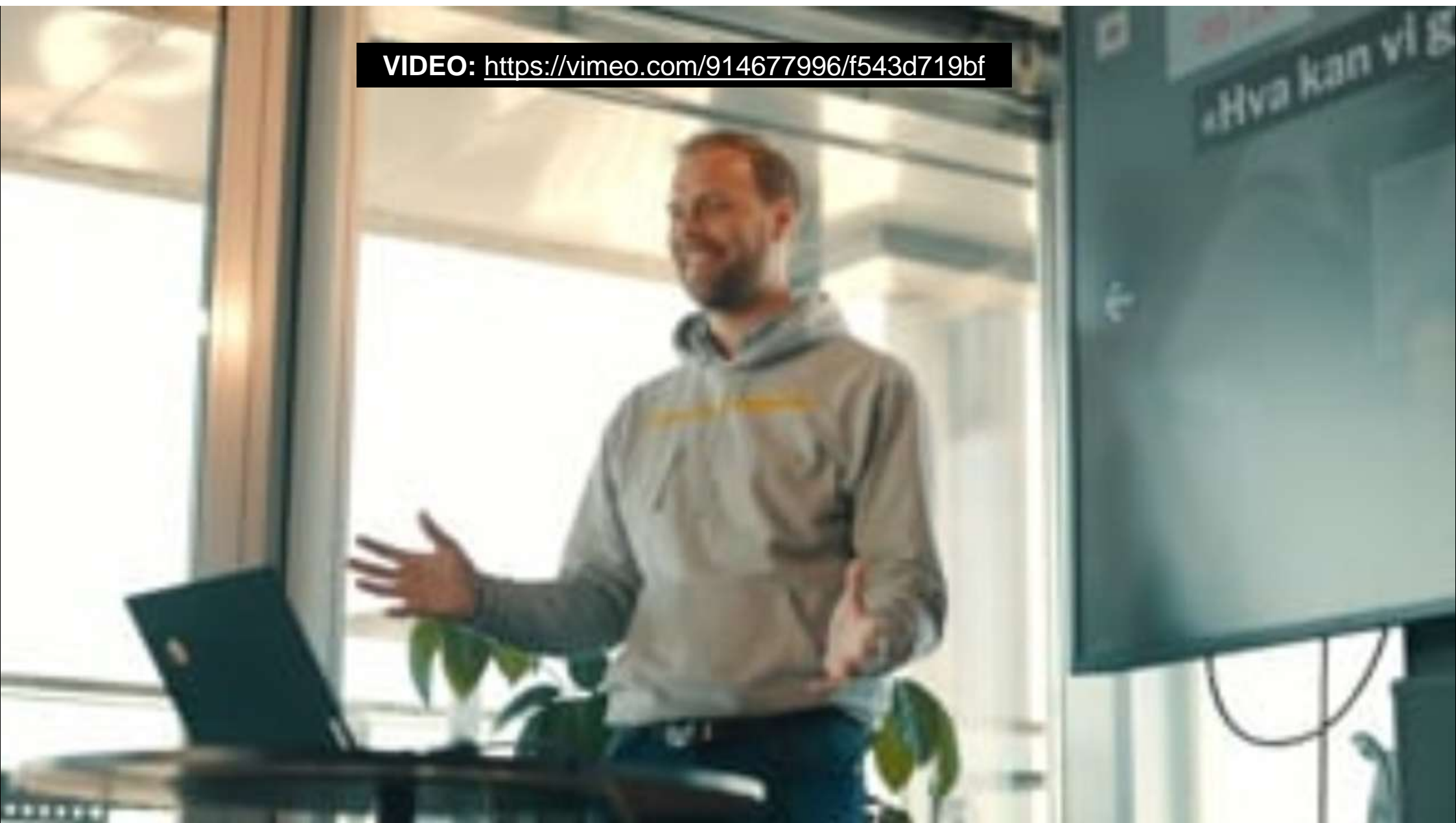


Secure Practice





**VIDEO:** <https://vimeo.com/914677996/f543d719bf>







# Secure Practice provides interactive employee training against cyberattacks

Secure Practice's cybersecurity solution empowers employees to curb cyberattacks at their workplace. "We reduce cyber risk by making every employee a part of a company's extended security team," states Erlend Andreas Gjære, co-founder and CEO of Secure Practice.



Outstanding Security  
Performance Awards  
**WINNER 2024**

Hele Norge øver –  
Secure Practice



WINNER

Cybersecurity Skills

European Digital Skills Awards 2024



Digital Skills &  
Jobs Platform



European Digital Skills Awards 2024



<https://businessnorway.com/solutions/secure-practice-provides-interactive-employee-training-against-cyberattacks>





# Let's play an exercise

Everyone, find you phone and join





World / Asia

# Finance worker pays out \$25 million after video call with deepfake 'chief financial officer'



By Heather Chen and Kathleen Magramo, CNN

🕒 2 minute read · Published 2:31 AM EST, Sun February 4, 2024



<https://edition.cnn.com/2024/02/04/asia/deepfake-cfo-scam-hong-kong-intl-hnk/index.html>





Important Message From Florian Fernweh

Datei Bearbeiten Ansicht Extras Verfassen ?



**Von:** Florian Fernweh (262996)



**Datum:** Dienstag, 30. März 1999 17:46

1999

**An:** Florian\_Fernweh@gmx.de

**Betreff:** Important Message From Florian Fernweh

Here is that document you asked for ... don't show anyone else ;-)



list.doc (41,0 KB)



ATT00011.txt (156  
Byte)



ma 14.11.2016 12:44

Ciro Di Cecio <purchasing01@seznam.cz>

Purchase order PO-299841/16

To

PO 299841.xls  
205 KB

Dear Sir,

We send you a technical documentation DT-0193/16 for purchase. Please, send us your approval and quotation.

NOTE: Attach highly secured , Enable content to view

*Thank you*

**Ciro Di Cecio**

*Purchasing Officer  
Trelleborg Offshore & Construction  
P.O. Box 153  
231 22 Trelleborg Sweden  
visiting address: Johan Kocksgatan 10  
tel: +46 410 670 90  
Email: [purchasing01@seznam.cz](mailto:purchasing01@seznam.cz)*

File Hjem Sett inn Utforming Oppsett Referanser Masseutsendelser Se gjennom Visning

**SECURITY WARNING** Macros have been disabled. **Enable Content**

Swindell Inc.

Phoney Place 44  
London, LO2 8FX  
Phone: 0044114 410 0410

INVOICE # DATE

400242 04/10/16

BILL TO  
SINTEF  
Strindve  
7465 Tr

www.sintef.no  
post@sin

DESC

Service  
Labor  
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Tax (+

Microsoft Word 2013

This document was created in a newer version of Microsoft Word.

To review the content, please click first on **Enable Editing** and then **Enable Content**.

Page 1 of 1 73 words English (United States)

AMOUNT
200.00
375.00
(50.00)
26.56





**HOW TO REALLY GET TO KNOW YOUR DATE THIS VALENTINES DAY:  
ASK ABOUT HIS FIRST PET,  
THEN HIS FAVOURITE MOVIE & THEN HIS MOTHERS MAIDEN NAME.**

**THEN LOG INTO ALL OF HIS SOCIAL MEDIA  
ACCOUNTS. THEN YOU'LL REALLY GET TO KNOW HIM!**





**Jessy Vargas**

@ [redacted] Follows you

Hi Erlend I saw you when I was following the tweets, how are you today?

Wed 10:40 PM

You followed this account

Nice to meet you. Doing great thanks! How bout you?

Thu 7:46 PM ✓

It was also nice to meet and connect, I came to the gym early to practice yoga meditation, how about you?

Thu 8:01 PM

Surround yourself with people who are going to lift you higher.

📍 New York, USA 📅 Joined January 2014

741 Following 365 Followers





I prefer countries with ancient cultures, and if I were to enjoy life I would go to Dubai, which I have traveled to many times. 😊

Sun 12:41 AM



Mon 10:26 PM ✓

You look great, it makes you very passionate, I see you're all glowing! I hope you did not get injured??

I personally feel that soccer is the most attractive sport

Mon 10:29 PM



Sorry I'm late, I was checking my portfolio

Mon 0:25 AM

Yes, my gym opened last year, but in 2017 I bought some bitcoin for about \$18,000, and in 21, I can call it the golden age of bitcoin! I made a fortune and opened my gym

Mon 0:31 AM

At 17, it was advice to me by my aunt who was a bank executive and I thought it was risky at the time. I am a conservative investor, but I see gains in the defi space

Have you made investments before?

Mon 0:37 AM

Good for you! Sounds like great timing

So you are an investor as well? 😊

Mon 0:34 AM ✓





## Account suspended

Twitter suspends accounts that violate the Twitter Rules. [Learn more](#)





Rustin Watt

# Nvidia Hacked: LAPSUS\$ Demands GPU Mining Limits Removed

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📅 March 3, 2022 📁 Business, Government, Latest, Mining, News, Scams, Schemes and Hacks, Technology



LAPSUS\$ Chat

123 123

they must have some mfa right?

\*Signin with smartcard doesn't have any MFA\*

\*Signin with password will issue MFA through a phone call or authentication app. - However no limit is placed on the amount of calls that can be made, call the employee 100 times at 1am while he is trying to sleep and he will more than likely accept it\*

edited 23:17

L

3





**PEOPLE LIKE**  
**those who like them**







**PEOPLE DO  
as similar people do**



A close-up video shot of Tim Berners-Lee, a middle-aged man with thinning grey hair, looking directly at the camera with a serious expression. He is wearing a dark blue polo shirt. The background is a plain, light-colored wall.

# PEOPLE LISTEN to authority

Tim Berners-Lee  
Web Developer



A close-up photograph of a hand with light pink manicured nails holding a silver fountain pen. The pen is positioned over a document, and a blue ink signature is being written. The document has the word "Signatures" printed in a large, elegant font. In the background, there is some blurred text, including the words "with, and hereby agree to the" and "for which the Client".

**PEOPLE COMMIT  
to their statements**







**PEOPLE AVOID**  
**loss of advantage**









**CONGRATULATIONS.**

**NOW GET BACK TO WORK**

memegenerator.net





## GoDaddy sends employees fake Christmas bonus email as 'phishing test'

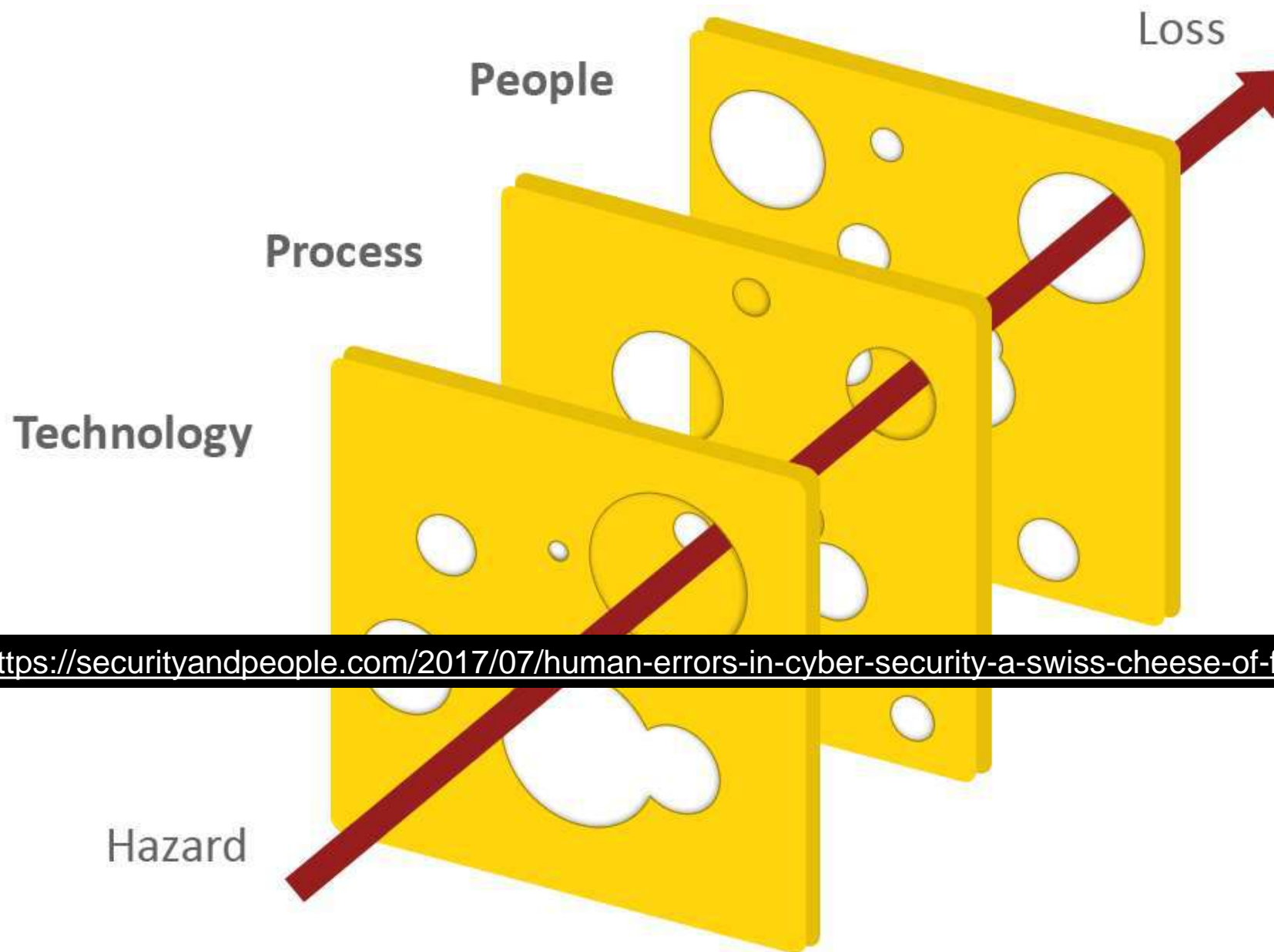
By Tamar Lapin

December 25, 2020 | 5:01pm | Updated











# ASK FIVE WHY'S







**ALWAYS HOPE, THERE IS**





PEOPLE GIVE when they get

PEOPLE LIKE those who like them

PEOPLE DO as similar people do

PEOPLE LISTEN to authority

PEOPLE COMMIT to their statements

PEOPLE AVOID loss of advantage



Oops, looks like you forgot something when you left..!



Stay safe by pressing



+



before leaving your PC.





CYBER  
EMPATHY

# EMOTIONAL RANGE & WHY IT MATTERS

Learn from **Erlend Andreas Gjære** how to improve people's personal relationship with cybersecurity by focusing on empathy, privacy, and self-confidence.



[cyberempathy.org](https://cyberempathy.org)

CYBER  
EMPATHY

Cyber Empathy | S3:EP2

How emotions shape human behavior in cybersecurity



00:00

45:48

1X

PRIVACY SHARE SUBSCRIBE





# Secure Practice

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