



To Burnout and Back Again :

A Hillbilly's Journey



Adam Compton – Short Version

- Who am I?
- Simple answer:
 - Father / Husband / Son / Brother
 - Pentester / Programmer / Researcher
 - Hillbilly (born and raised in eastern Kentucky)
- Currently, Principal Security Consultant @ TrustedSec



Disclaimer

- I am NOT a doctor.
- If you need/want help, please seek professional support/help for your own health or the health of those around you.
- If you just need someone to talk to or to listen to you, I can do that.

What is this all about?

Burnout is a form of exhaustion caused by constantly feeling swamped. It's a result of excessive and prolonged emotional, physical, and mental stress. In many cases, burnout is related to one's job. Burnout happens when you're overwhelmed, emotionally drained, and unable to keep up with life's incessant demands.

-- [webmd.com](https://www.webmd.com)

Anything else?

- First time I heard of burnout was at BSides Las Vegas, 2011
 - McKeay, Corman, Thayer, Yerrid, Shpantzer, Daniel
 - <http://www.slideshare.net/secburnout/burnout-in-information-security>

What does that mean for me or you?

- Burn out is not unique to any given profession.
- Everyone's experience with burn out will be unique to them.
- This presentation is just MY experience thus far.

There and Back Again



Early Years



There and Back Again

CS/Math Degree (Programming/Algorithms)

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↳ Unix Admin / Unix Pentesting

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↳ Move / Relocate

↳ Windows Pentesting (Jack of All)

Stagnating



Comic by KC Green

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↳ Burned Out

Recovery

And now
for something
completely different...



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↳ Move / Relocate

↳ Windows Pentesting (Jack of All)

↳ Burned Out

↳ Programming / Pentest Detox

Moving into the future



The best thing about the future
is that it comes one day at a
time.

~ Abraham Lincoln

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↳ Windows Pentesting (Jack of All)

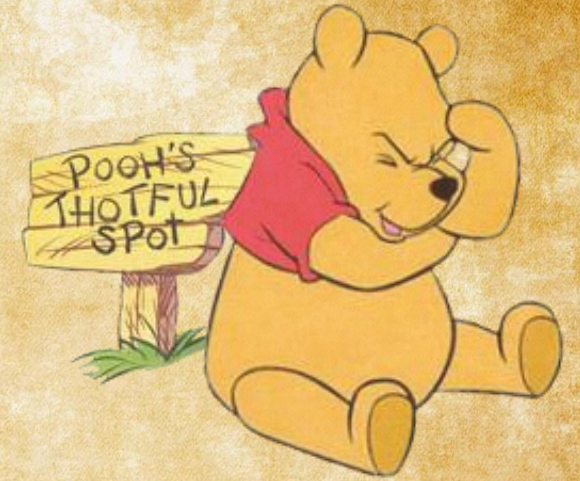
↳ Burned Out

↳ Programming / Pentest Detox

↳ Back to Pentesting

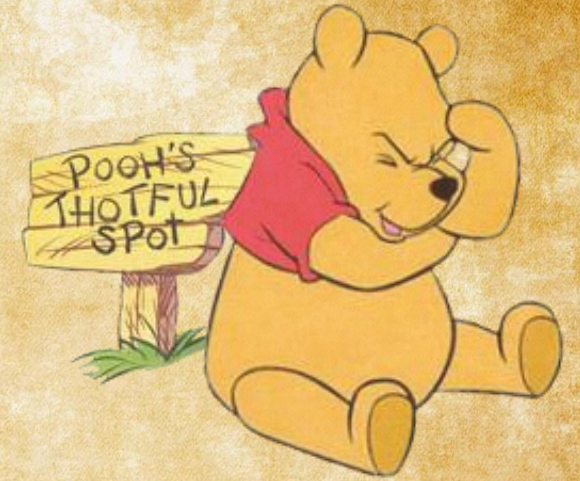
Take away / Final thoughts

- Your experience is unique.
- Identify what is works for you.



Take away / Final thoughts

- Watch for early warning signs.
- Ask for help.



Questions?



@tatanus



www.youtube.com/hillbillystorytime



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