Geoffrey West

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Profile

Experienced human resources professional with over 20 years of service in the Royal Canadian Navy, specialising in personnel administration, onboarding, training coordination, and workforce support in high-trust environments. Skilled in applying policy frameworks, maintaining accurate records, and delivering people-focused services across diverse teams. Known for clear communication, attention to detail, and a calm, solutions-oriented approach. Recently retrained in IT and cybersecurity, bringing additional confidence in digital systems, process improvement, and secure data handling.

Technical Highlights

Splunk SIEM & SOAR; MITRE ATT&CK threat mapping; vulnerability scanning with OpenVAS and Nessus Essentials; Wireshark network forensics; PowerShell & Bash scripting on Linux/Windows; lab-based hardening in AWS and Azure.

Cybersecurity Training & Certifications

CompTIA Security+ (SYO-701), Certified June 2025

Diploma in Cyber Security - Lighthouse Labs, Completed January 2025

Comprehensive, hands-on training in modern cybersecurity practices, with a strong focus on both technical tools and strategic frameworks.

Skills

Cybersecurity Tools & Practices

- Incident Response, SIEM (Splunk), MITRE ATT&CK, SOAR, Digital Forensics (FTK, Volatility, Wireshark)
- Vulnerability Assessment (CVE, OpenVAS), Threat Modelling
- Logical Access Control & Identity Management
- Blue Team Essentials

Cryptographic Tools

• GPG, Encryption, Hashing, Key Management

Technical Proficiencies

• Linux & Windows, Bash, PowerShell, Python, RegEx, Networking Fundamentals

Frameworks & Governance

 ISO 27001, NIST, ASD Essential Eight, GRC Awareness

Vulnerability Management

• OpenVAS, CVSS, NVD

Leadership & Management

 Team Supervision, Personnel Records, Payroll & Data Integrity, Secure Communication

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Professional Experience

Human Resources Administrator, Canadian Armed Forces

2002 - 2023

Served as a senior administrator in the Royal Canadian Navy, leading personnel operations in secure, high-stakes environments with a focus on data integrity, access control, and leadership. Completed two overseas tours (2007 & 2013) and earned the Canadian Decoration (CD) for honourable long service.

Roles and Responsibilities:

Having been promoted to the rank of Petty Officer Second Class, was responsible for directing and performance assessment of small teams (five to fifteen personnel) since 2015.

Was responsible for producing and maintaining personnel records of serving members of the CAF from enrolment to release.

Administered payroll and personnel systems for 500+ CAF members, maintaining strict accuracy and data protection standards under national security protocols.

Applied and enforced access control policies across personnel systems, providing early exposure to secure system administration practices.

Analyzed employment-related data and PKIs, and prepared required reports and briefings.

Provided guidance on employee relations issues such as performance management, disciplinary action, grievances.

Correction Mode in Oracle's HRMS PeopleSoft. Highly skilled with MS Office suite.

Education

Diploma in Cyber Security, Lighthouse Labs □

2024 - 2025

Training in fundamental cyber security skills, including Network Security, Encryption, Incident Response, Coding, Forensics, Threat Detection Engineering, and Threat Defence Operations.

ADKAR Model - Change Management, Prosci

2022

Familiar with ITIL v4 incident/problem/change workflows.

Canadian Securities Course, Canadian Securities Institute

2007

Foundational licensing course for roles pertaining to the sale of stocks and mutual funds in Canada.

Dalhousie University

Halifax, Canada

Competed coursework towards Bachelor in Computer Science (2000-2002) and towards Bachelor of Science in Economics (2008-2009)

References

Available upon request

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