



Cyber Security Awareness Course – Level 1

A 5 Star Rated course from the Marketing experts





Introduction to Cyber Security Course

Learn how to defend yourself and your organisation from the potentially devastating risks and types of cyber attacks that most businesses face. This 5-star rated training course equips you with practical strategies in just one day.

Introduction

Cybercrime affects more and more organisations every year, with criminals looking to steal your most valuable business assets from sensitive data to finances.

This one-day course is designed to give staff a much greater understanding of the essentials of cyber security, including understanding the risks; how to identify them; and how to protect themselves and their organisation.

This course takes you from Introduction to Intermediate Level.

Who would benefit from this course?

Whether you have a basic understanding of Cyber security, or you are a complete beginner, this course is designed for you.

If you already have a good knowledge of the fundamentals of Cyber Security take a look at our

Intermediate / Advanced courses.

Pre-course Requirements

You do not need any prior knowledge of Cyber Security to attend this course.

Classroom and Virtual Classroom Courses

We offer this course as a classroom based course and as a live, interactive online course.

Our classroom courses are run as public courses at the venues shown below or as a private course anywhere in the UK.

Our online Virtual Classroom courses are available for people anywhere in the world with internet access. You will be able to see the trainer, their screen, be able to chat and ask questions, just like on our regular classroom courses.

No More Than 6 Delegates

5 Star Rated Course

Practice Led Learning

3 Months Online Support

Lunch Provided

Detailed Course Notes

Our interactive practical courses and learner centred approach, combined with small class sizes, provides the very best learning environment

Google

5.0 ★★★★★

I would definitely recommend Martin and M Training for both the Analytics and Ads courses.

You learn so much and the knowledge you come out with, you cannot put a price on.

David Potter
Wardworth Ltd

Public Course Venues and Prices

	1 Delegate	2 Delegates
Manchester:	£295 + VAT	£495 + VAT
Online:	£250 + VAT	£375 + VAT

Private & One to One courses

We offer private group courses and one-to-one courses throughout the UK from £590 and online from £550. Please email or call us with your preferred venue, number of delegates and any requests.



Cyber Security Awareness – Level 1

Course Outline

Understanding Cyber Security

What is cyber security? Why is it important to you?

Facts & statistics about cyber crime

What Makes A Cyber Criminal - Cyber criminals aren't just hooded villains typing away in dark basements. Learn about what motivates cyber criminals - and how this knowledge can help you stay secure.

Types of Cyber Attacks

Find out about the common types of cyber attacks including Denial Of Service Attack, Ransomware, Malware, Drive by Download, Phishing, Vishing, Smishing, Rogue Software, Malvertising, & Man In The Middle.

Cloud Security

Learn the essentials of cloud security including:

What security issues are related to the use of cloud-based services?

How can you ensure that your accounts and data remain secure?

Home Network Security Awareness

Learn how to keep your home network up-to-date and protected.

Phishing Awareness

Learn about the risks of phishing, and how you can protect yourself and your organisation.

Physical Security

What is physical security, and why does it matter?

Learn about the physical security risks that



could compromise the safety of your workplace, and how to help keep your office secure.

Public WiFi

Why can public Wi-Fi hotspots pose a potential threat to data security, and how can you keep your data protected?

Learn how to stay secure on public Wi-Fi networks.

Removable Media

Removable media such as USB drives are useful for transferring data, but without proper caution they can expose sensitive data and systems. Learn how to use removable media securely.

Course Outline continued on next page...

Google

5.0 ★★★★★

The course was a great, hands-on learning experience and after just one day I now feel ready to delve into the world of Ads. The group was small and informal which certainly aided my learning. Thanks

James Robinson | Sysco Software

For private courses the course content can be adapted to suit your requirements.
Please contact us to discuss your requirements.



Cyber Security Awareness – Level 1

Course Outline Continued...

Secure Email Use

Learn about the risks that email can pose, and how to help keep your company and customer data secure.

Secure Internet

Learn how to browse safely and about the risks of insecure internet use.

Secure Passwords & Authentication

What actually is a secure password, and why does it really matter?

Learn how to protect your accounts with strong passwords and secure authentication.

Secure Social Media Use

Discover how cyber criminals can use social media to harvest information for many purposes.

Learn how to stay safe and protect your information on social media.

Security at Home

Cybersecurity threats are just as real when you're at home as they are in the workplace.

Find out how to keep yourself secure when at home.

Social Engineering

What are social engineering scams, and how might they target you?

Learn how to recognise and combat social engineering attempts.



Videoconference Security Awareness

Learn how to keep your videoconferences secure (eg Zoom calls etc)

VPN Awareness

Learn what VPNs are, what they do, and when you should use one.

Working Remotely

Why is it important to stay secure when working remotely, and what should you do and not do when away from the workplace?

To book please see next page

Google

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Intro to Cyber Security Awareness Course

Why Choose M Training's Cyber Security Training Course

- Run by a highly experience Cyber Security consultant and trainer
- This course is limited to 6 places, so you are guaranteed personal support throughout the day
- 5 Star Rated in Google and Facebook and post course reviews.
- Available as a private course anywhere in the UK.
- Available as a public course in Manchester or Online
- Choose from public, one to one and private group courses
- Detailed course notes provided
- Lunch & refreshments provided
- Certificate of achievement

Private and One-to-One Courses

One-to-one and private group courses are available from £590 for a one day classroom based course or from £550 for a virtual classroom course.

These courses are ideal if you cannot make one of the set course dates or if you want a more advanced course or different course outline/focus.

One-to-one and private group courses can be run anywhere in the UK, or at our Manchester or Birmingham offices, or online.

How to book

To reserve your place on our 1 Day Cyber Security Awareness course, simply pick your preferred date and book on our website, send us an email or give us as call.

Or if you prefer, we offer private and In-House training on request.

Email: info@mtraining.co.uk

Call: 0161 226 6032

Or visit: www.mtraining.co.uk

We offer group booking discounts for two or more delegates.

I found the day very informative and interesting and I certainly learnt a lot! I also thought Martin was a great teacher and the size of the group made the course very engaging. Thanks again.

Harvey Leigh | Cardea-Solutions