



*Training Course:
EmpowerED: End User Cybersecurity Awareness
Program*

*2 - 6 November 2025
Manama (Bahrain)
Fraser Suites*

Training Course: EmpowerED: End User Cybersecurity Awareness Program

Training Course code: IT235386 From: 2 - 6 November 2025 Venue: Manama (Bahrain) - Fraser Suites Training Course
Fees: 4900 € Euro

Introduction

In today's interconnected digital world, cybersecurity awareness is more critical than ever. Cyber threats continue to evolve, targeting individuals and organizations alike, making it essential for end users to be equipped with the knowledge and skills to protect themselves and their data online. The EmpowerED: End User Cybersecurity Awareness Program is designed to empower participants with the necessary tools and insights to navigate the digital landscape securely.

Objectives

- **Build Foundation Knowledge:** Introduce participants to fundamental cybersecurity concepts, terminology, and the evolving threat landscape.
- **Enhance Security Awareness:** Educate participants on best practices for protecting personal information, devices, and data from cyber threats.
- **Recognize and Mitigate Risks:** Train participants to identify and respond effectively to common cyber threats such as phishing, social engineering, and malware.
- **Promote Secure Behavior:** Encourage participants to adopt secure habits and behaviors in their day-to-day online activities.
- **Foster a Culture of Cybersecurity:** Empower participants to become proactive contributors to a cybersecurity-conscious workplace culture.

Target Audience

The EmpowerED: End User Cybersecurity Awareness Program is tailored for individuals across all levels of an organization who interact with digital devices and data in their daily work and personal lives. This includes but is not limited to:

- Employees from various departments HR, Finance, Marketing, IT, etc..
- Executives and managers responsible for overseeing cybersecurity initiatives.
- Remote workers and telecommuters.
- Individuals interested in enhancing their cybersecurity knowledge and skills for personal development.

Training Program Outline

Day 1: Understanding Cybersecurity Fundamentals

- Introduction to Cybersecurity: Concepts and Terminology

- Threat Landscape Overview: Common Cyber Threats and Attack Vectors
- Basic Security Awareness Best Practices:
 - Importance of Cyber Hygiene
 - Principle of Least Privilege
 - Multi-factor Authentication

Day 2: Protecting Yourself Online

- Password Security:
 - Strong Password Creation Techniques
 - Password Managers
- Secure Browsing:
 - Recognizing Secure Websites HTTPS
 - HTTPS Everywhere Browser Extensions
- Phishing/Email Security:
 - Identifying Phishing Emails
 - Email Spoofing and Impersonation Attacks
 - Reporting Suspicious Emails

Day 3: Recognizing and Avoiding Cyber Threats

- Advanced Phishing Awareness:
 - Spear Phishing and Whaling Attacks
 - Business Email Compromise BEC
- Social Engineering Awareness:
 - Types of Social Engineering Attacks Pretexting, Baiting, Tailgating
 - Psychosocial Manipulation Techniques

Day 4: Securing Your Devices and Data

- Device Security:
 - Endpoint Protection Antivirus, Antimalware
 - Patch Management
 - Device Encryption Disk Encryption, BitLocker, FileVault
- Data Security:
 - Data Classification and Handling
 - Data Loss Prevention DLP Strategies
 - Secure File Transfer Protocols SFTP, SCP

Day 5: Creating a Culture of Cybersecurity

- Importance of Cybersecurity Culture:
 - Role of Employees in Cybersecurity
 - Building a Security-Aware Workforce
- Reporting Security Incidents:
 - Incident Response Procedures
 - Whistleblower Policies and Anonymous Reporting Channels
- Cybersecurity Awareness Training Evaluation and Continuous Improvement:
 - Feedback Mechanisms
 - Periodic Assessments and Updates

Registration form on the Training Course: EmpowerED: End User Cybersecurity Awareness Program

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