

RESILIA™ Foundation Course

COURSE DURATION

- **Three-day/ 20-hour course (classroom or E-learning)**

COURSE DESCRIPTION

This course helps individuals understand how operational decisions can have an impact on good cyber resilience. It shows how nurturing cyber resilience can support operational effectiveness and business efficiency.

The purpose of the foundation qualification is to understand how decisions impact good/bad cyber resilience. It has a comprehensive approach across all areas and teaches individuals how to make good cyber resilience an efficient part of business and operational management.

The benefits of RESILIA™ certification:

- **Helps minimize any damage from a security breach and supports fast recovery**
- **Helps build cyber resilience into your existing processes.**
- **Helps establish a common language for cyber resilience across your organization**
- **Builds the confidence and insight to design and deliver cyber resilient strategies and services across your organization as well as with your customers and suppliers.**

WHAT YOU GET

- **Expert Instructor lead training**
- **Student Courseware Kit (print or video license)**
- **Official sample exams to help prepare for the test**

COURSE OUTLINE

Chapter 01 Course Introduction

Chapter 02 What is Cyber Resilience

Lesson - What is Cyber Resilience

Lesson - Balance & Management Systems

Lesson - People, Process and Technology

Lesson - Cyber Resilience Needs

Summary - What is Cyber Resilience?

Quiz - Introduction to Cyber Resilience

Chapter 03 Risk Management

Lesson - What is Risk Management?

Lesson - Risk Management in Action

Summary - Risk Management

Quiz - Risk Management

Chapter 04 - Managing Cyber Resilience

Lesson - Management of Cyber Resilience

Lesson - Adopt, Adapt & Improve

Summary - Managing Cyber Resilience

Quiz - Managing Cyber Resilience

Chapter 05 Cyber Resilience CSI

Lesson - Cyber Resilience CSI and ITSM

Lesson - Maturity Models

Lesson - Control Objectives

Lesson - 7-Steps of Improvement

CSI Approach to Cyber Resilience

Summary - Cyber Resilience CSI

Quiz - Cyber Resilience CSI Quiz

Chapter 06 - Cyber Resilience Strategy

Lesson - Cyber Resilience Strategy & ITSM

Lesson - Control Objectives

Lesson - ITSM Strategy & Cyber Resilience

Lesson - Segregation of Duties & Dual Controls

Summary - Cyber Resilience Strategy

Quiz - Cyber Resilience Strategy

Chapter 07 - Cyber Resilience Design

Lesson - Cyber Resilience Design and ITSM

Lesson - Control Objectives

Lesson - ITSM Design and Cyber Resilience

Summary - Cyber Resilience Design

Quiz - Cyber Resilience Design

Chapter 08 - Cyber Resilience Transition

Lesson - Cyber Resilience Transition & ITSM

Lesson - Control Objectives

Lesson - ITSM Transition and Cyber Resilience - Part 1

Lesson - ITSM Transition and Cyber Resilience - Part 2

Summary - Cyber Resilience Transition

Quiz - Cyber Resilience Transition

Chapter 09 - Cyber Resilience Operation

Lesson - Cyber Resilience Operation and ITSM

Lesson - Control Objectives

Lesson - ITSM Operation and Cyber Resilience - Part 1

Lesson - ITSM Operations and Cyber Resilience - Part 2

Summary - Cyber Resilience Operation

Quiz - Cyber Resilience Operation

Chapter10 - RESILIA Foundation Summary and Exam Prep

WHO SHOULD ATTEND?

The qualification is aimed at professionals within the following areas:

- IT and security functions
- Risk and compliance functions
- Core business functions including HR
- Finance
- Procurement
- Operations and Marketing
- Corporate Security Officer/ Manager
- IT Security Officer/ Manager
- Anyone who would benefit from cyber resilience expertise within the team, often including a local champion or mentor for all staff to refer to.

PREREQUISITES

- There are no specific prerequisites for this course

Recommended

- RESILIA™ Best Practices Core Book fro TSO
- Basic understanding of IT Security
- Basic understanding of Service Management
- ITIL Foundation Course