

# RESILIA™

## Foundation Certification

### 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