

# Cybersecurity in Practice: How to Protect Yourself and Your Organization

E-learning will be available starting in June 2026.

The "Cybersecurity in Practice: How to Protect Yourself and Your Organization" training is an interactive online course designed to help you protect your data, avoid threats, and respond effectively to cyberattacks- regardless of your technical knowledge level.

You can complete the course at your own pace and at any time in a convenient self-learning format. It is a practical tool that will help you build strong personal cybersecurity habits.

The training consists of five thematic modules. Each module includes knowledge-check quizzes, and the entire course uses a variety of multimedia techniques, interactive exercises, and real-world scenarios to ensure effective learning and maximum engagement.



## Training recipients

This training is designed for all employees across the organization, regardless of department or technical experience. It is particularly beneficial for individuals who:

- use computers and smartphones in their daily work,
- have access to company or customer data,
- are interested in strengthening their digital skills and protecting their online privacy.

This training is not just a requirement- it's a real value and an investment in both your personal security and your organization's cybersecurity



## Benefits

### Benefits for Participants

- Recognizing Online Threats- You will learn how to identify and avoid phishing attacks, malware, and social engineering attempts.
- Password Management- You will understand how to create strong, unique passwords and manage them securely.
- Understanding Cybercriminal Tactics- You will learn common hacking techniques and how to effectively respond to attempted cyberattacks.
- Backup Creation- You will master best practices for creating backups and understand their critical role in data protection and recovery.
- AI Threat Awareness – You will learn how to recognize deepfakes and other forms of digital disinformation associated with the advancement of artificial intelligence.

### Benefits for the Organization

- Reduced Cyber Incident Risk- Minimize the likelihood of successful cyberattacks, fraud, and data breaches.
- Building a Security Culture- Strengthen employee awareness of cyber threats and increase engagement in protecting organizational assets.
- Protection of Company Reputation and Data- Safeguard sensitive information from unauthorized access and prevent costly reputational crises.
- Reduction of Human Error – Decrease the number of incidents caused by lack of knowledge or employee inattention.
- Resilience to Emerging Digital Threats- Prepare the organization to respond effectively to rapidly evolving threats, including those related to artificial intelligence and disinformation



## Training program

The training consists of five thematic modules covering key aspects of cybersecurity:

### Module 1: Fundamental Cyber Threats

- Phishing and spear phishing
- Ransomware
- Malware (viruses, trojans, spyware)

### Module 2: Password and Identity Security

- The importance of strong passwords and identity management
- Best practices for creating secure passwords
- Password management methods (including password managers)
- Common methods of password compromise
- Fundamental password security principles

#### Module 3: How Attacks Happen – Hacker Techniques

- Overview of attack vectors and social engineering methods
- Risks associated with the Internet of Things (IoT)
- Defensive strategies and best practices for preventing attacks

#### Module 4: The Importance of Backups

- The role and purpose of backups
- Types of backups and backup methods
- The importance of regular backups for data protection and recovery

#### Module 5: The (In)Security of Artificial Intelligence (AI)

- AI-related threats (deepfakes, fake images, generated text)
- Methods for recognizing disinformation and manipulated content



#### Expected preparation of the participant

It is not required.



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#### Language

English