

COURSE OVERVIEW

Are you the target?

TICDS-108



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Many people mistakenly assume that their personal computer or the data it contains holds little value. Both are highly attractive to cybercriminals. Beyond the monetary worth of the device itself, a laptop often stores login credentials, business documents, and access points to sensitive organisational systems.

Hackers can exploit even a single compromised device to infiltrate wider networks, steal confidential data, or disrupt operations. That's why every user, regardless of role, must take proactive steps to secure their computer and the information it holds. Awareness, vigilance, and basic cyber hygiene are essential to protecting both personal and organisational assets.

Module 1: Why you're a Threat

Cyber-criminals don't break into systems first; they break into people. If you use email, a phone, a laptop, or social media, you're already in their sights.

- How modern attacks work
- How your digital footprint exposes you
- Why attackers want you
- How attackers target you today
- Who is considered a High Value Individual

Module 2: Signs You've Been Compromised

Modern attacks are quiet and subtle. Criminals slip into accounts and devices through small cracks, strange login alerts, unexpected MFA prompts, new apps you didn't install, or a device acting on its own.

- Account, Device and Network-level warning signs
- Behavioural changes
- Severity scale

Module 3: What to do if you're targeted or hacked

When something feels wrong, speed matters. Modern attacks move fast, and the first minutes are critical.

- How to contain the threat
- How to protect your accounts
- Why reporting quickly is important
- The importance of securing your environment

Suitable for:

Anyone who uses digital systems or accesses the internet, especially those who may not realise they're vulnerable to cyber threats.

Benefits:

The Delegate will receive a Total Quality Assured (TQA) certificate of achievement upon successful completion.

Skills achieved:

- Data Security (Intermediate)

Estimated Time:

33 Minutes

Related Resources:

- Information Security Breach Assessment
- ISO 27001 Gap Analysis Assessment
- Support Gap Analysis
- Operations Gap Analysis
- IT Audit
- Data Policy Agreement
- Information, data and cybersecurity incident

Related Courses:

- Essentials of Cyber Security
- Information Security
- Essentials of Cyber Security
- Data Protection
- Protecting Information