

Cybersecurity Simplified

Quick Wins for Business Security

January 2024



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Hi! I'm Chris Cantey 🖐️

IT Consultant & Cybersecurity Specialist @ Wonders

My goal is to **raise the bar** of cybersecurity for **as many people and organizations as possible.**

I help companies make plans that guide the people and the technology in businesses to better security, **from wherever they're starting.**



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Quick Poll

Which security measure do you find most challenging to implement?



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What We're Covering

**Crafting Strong
Passphrases**

**Good MFA
Where It Counts**

**Embracing
Auto-Updates**

**Activating Your
Built-In Firewall**

**Digital
Decluttering**

**Phishing
Defense Tips**



Help Along The Way



Harder to Hack

Learn how to protect your accounts, computers, mobile devices, and the important data they hold, one step at a time.



<https://hardertoHack.com>



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Strong Passphrases: What Are They?

Do you use **passwords** like these?

Shorter, using guessable words or names, more random symbols or replacing letters with symbols

2*ib#pPyWjX*T
p@ssw0rd123

Does these **passphrases** look easier to remember?

Longer, using random words and more of them, with less symbols, can tell a story

sponge-data-cling-Eraser

Used A Sponge On The Data Cling Eraser

Strong Passphrases: Crafting Them

Password Generator

Need a strong password? Try the Bitwarden Password Generator to create complex passwords that will keep your information safe.

Your password's score: **strong** Estimated time to crack: **centuries**

professor-voyage-roping-lifting

Type
 Password Passphrase

Words: 4

Additional Options
 Capitalize Include Number Word separator



<https://bitwarden.com/password-generator>



Strong Passphrases: Putting Them In Action

- Choose 2 or 3 important accounts
- Create a unique passphrase for each
- Save them somewhere safe
- Update each account password

Start with email or device accounts like Google, Microsoft, and Apple. Then Consider Banking, Phone, and File Sharing accounts.

Password Managers are great but starting with a notecard is ok!



<https://hardertohack.com/email/password>



Quick Poll

Have you enabled MFA on your primary email account?



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MFA: What Is It?

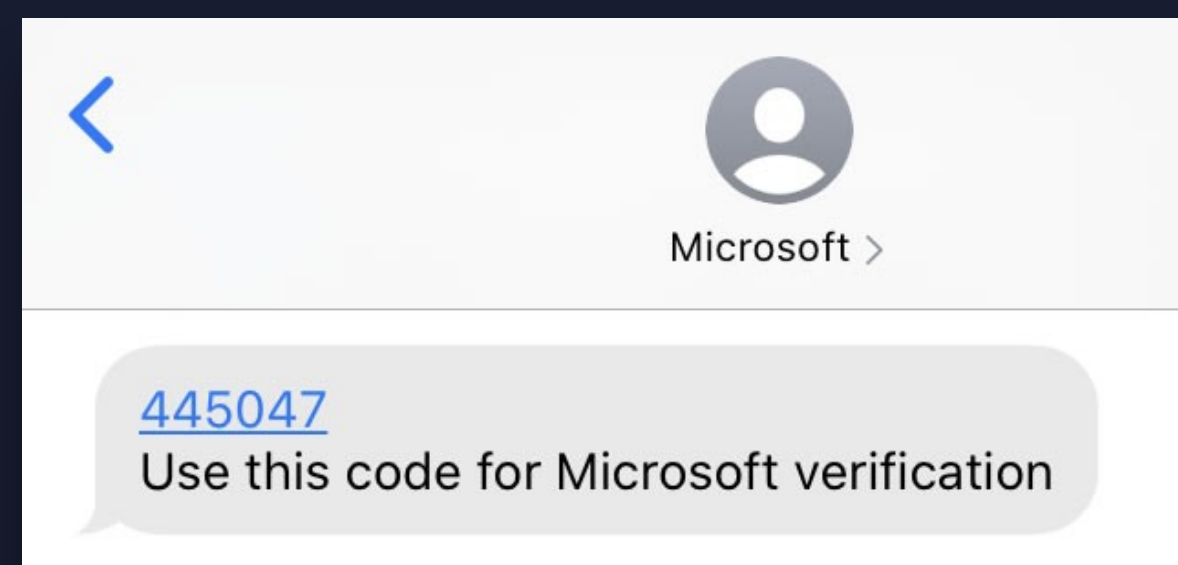
Multi-factor Authentication

Enter code

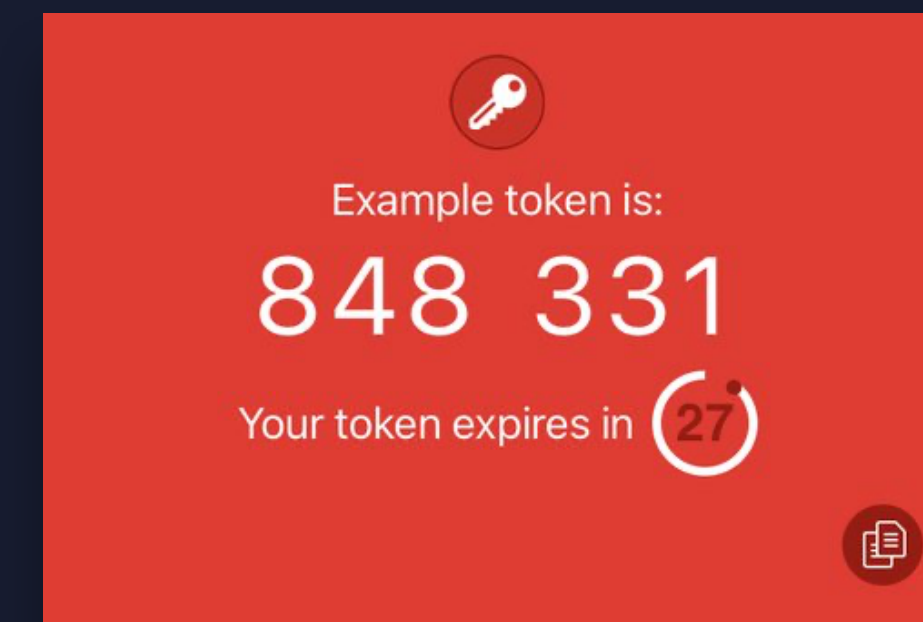
Please type in the code displayed on your authenticator app from your device

Code

Text Message (SMS)



App with Codes (TOTP)



MFA: What Is It?

Multi-factor Authentication

**Something you
KNOW**

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**Something you
HAVE**

Password

PIN

Code from an App

Code from SMS Message

If someone finds, intercepts, or guesses your password, the second factor will be another hurdle for them to pass.

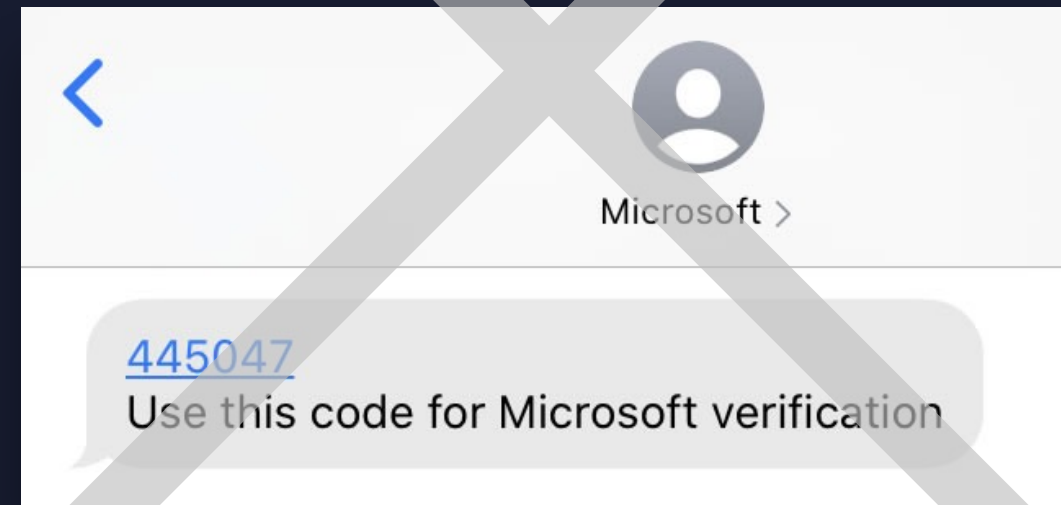


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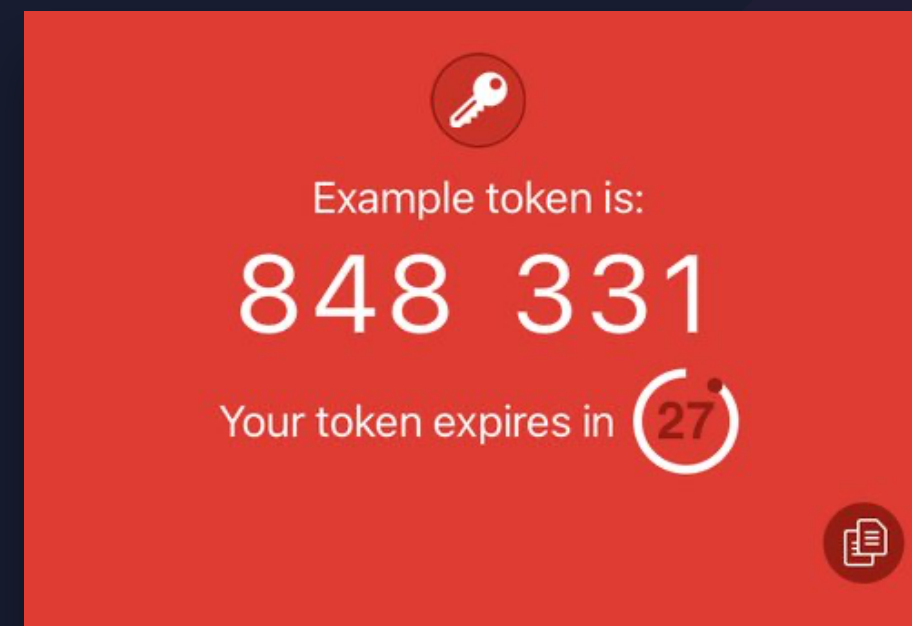


MFA: Choosing a Safe Method

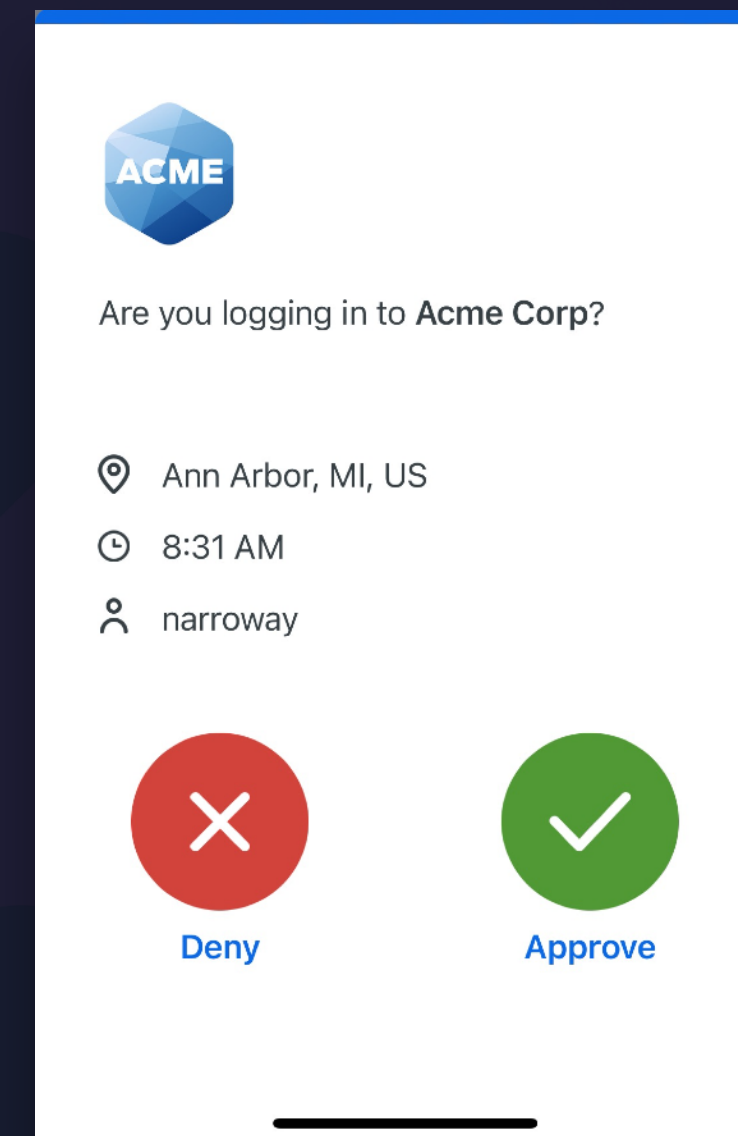
SMS Codes



Rotating Codes /
TOTP



Push / Pop Up



Physical Keys



SMS is more vulnerable in an attack, but any MFA is better than no MFA!

MFA: Putting It In Action

- Choose 2 or 3 important accounts
- Enable or update MFA to one of the more secure methods
- If you don't have a preferred MFA method or app, try the Authy mobile app

Start with email or device accounts like Google, Microsoft, and Apple. Then Consider Banking, Phone, and File Sharing accounts.



AUTHY



<https://hardertohack.com/email/mfa>



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Quick Survey

Do you update your devices as soon as possible or wait?

Type in the chat: “ASAP” or “Wait”



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Software Updates: What Are They?



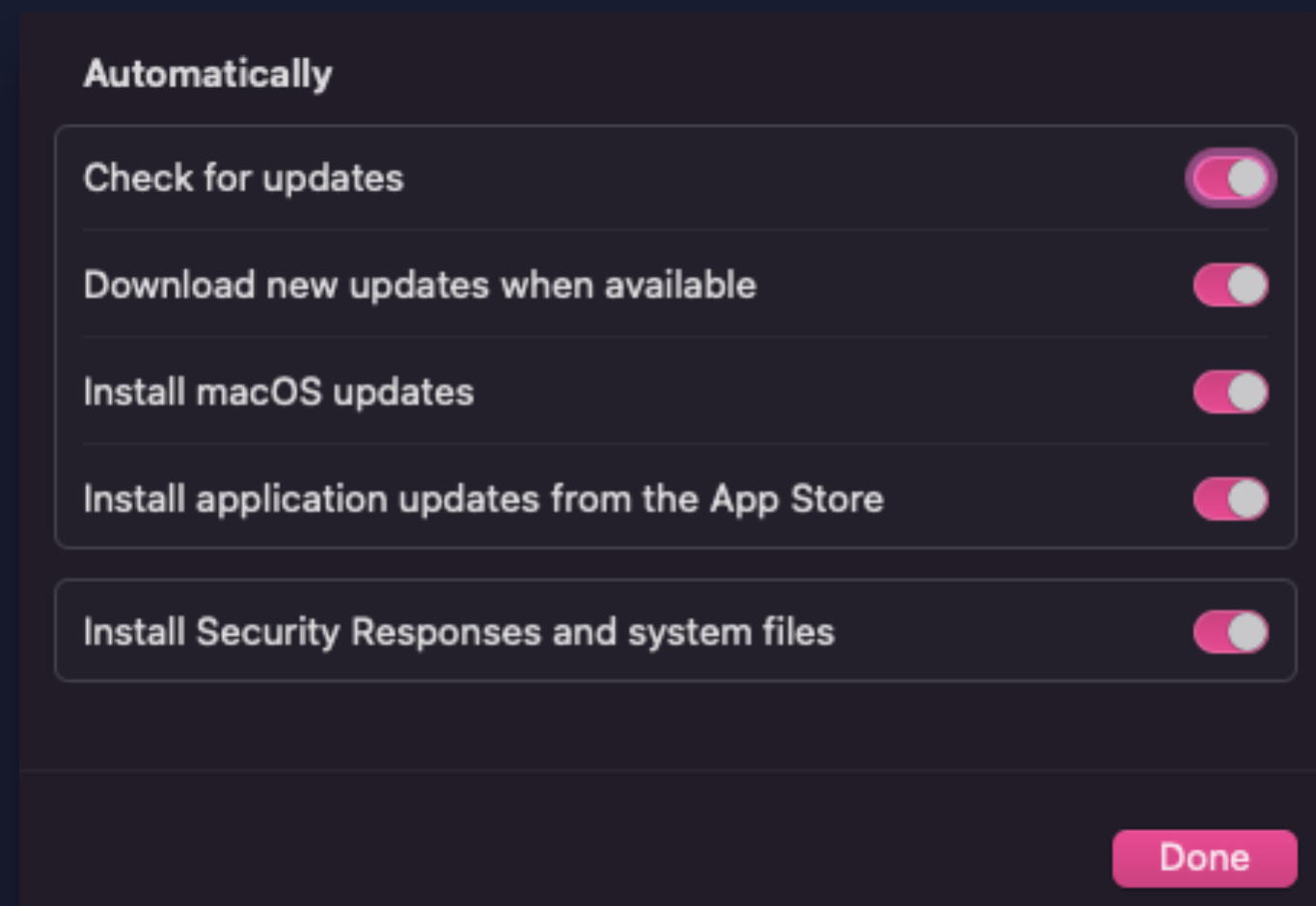
Essential improvements for the programs that run your computer, like Windows or Mac, and the apps you use for browsing the web or checking email.

Updating can patch vulnerabilities, enhancing security against potential attacks.

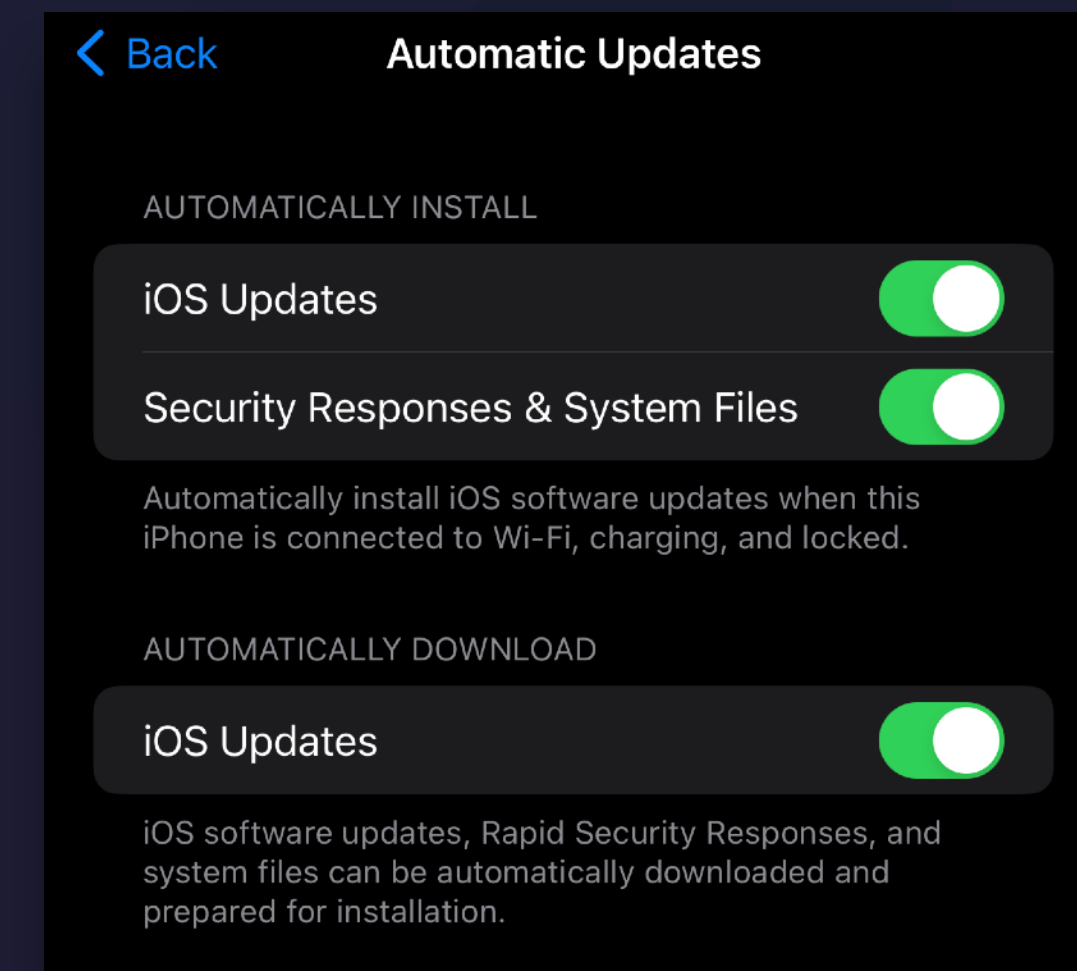
When software is out of date, it often has bugs and holes that bad actors can take advantage of.

Software Updates: Enable Auto Updates

Automatic updates let you think about this less and can get you updated faster.



<https://hardertohack.com/computer/software-updates>



<https://hardertohack.com/mobile/software-updates>

Software Firewall: What Is It?

Firewalls typically protect your network from the internet.

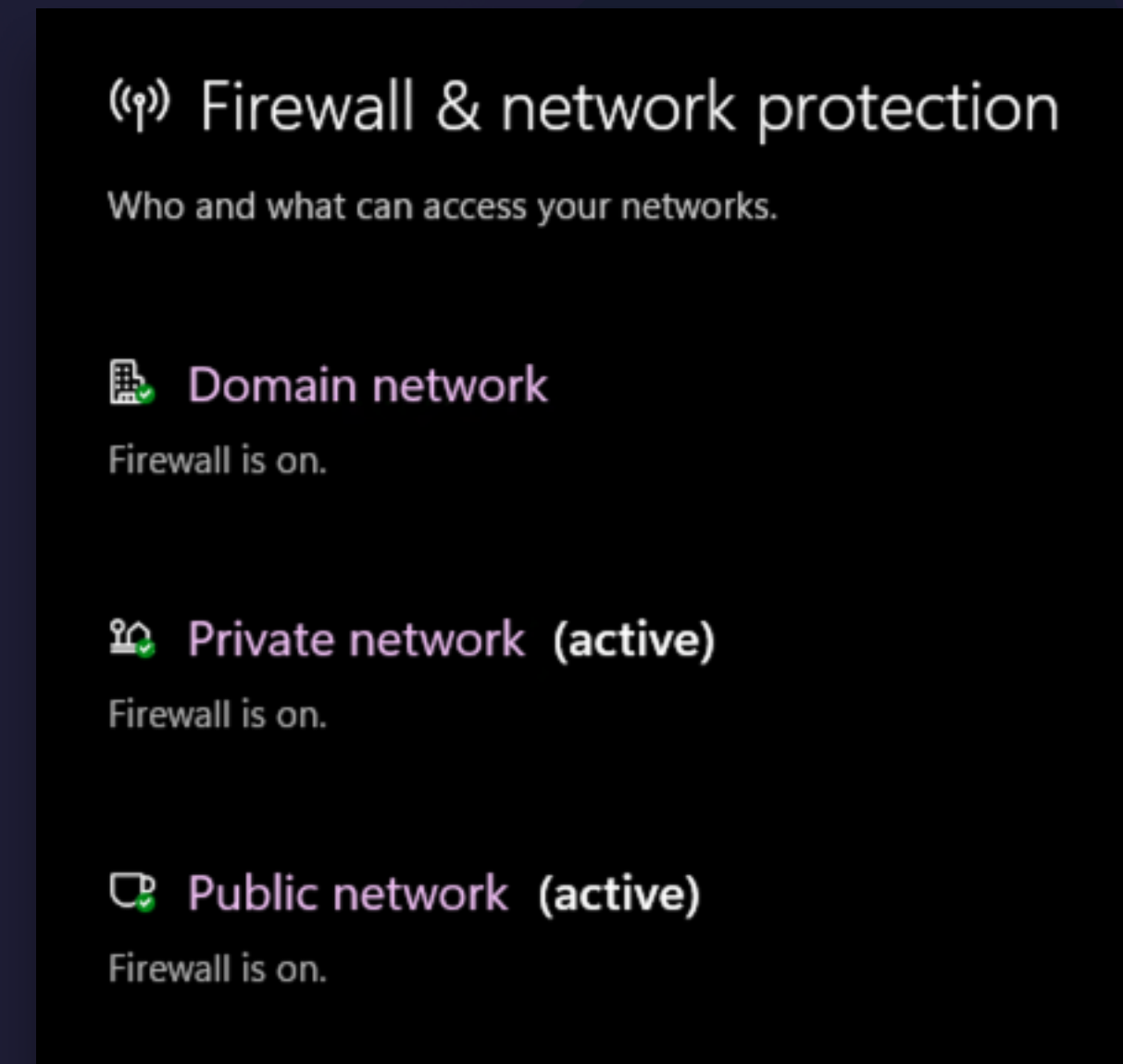
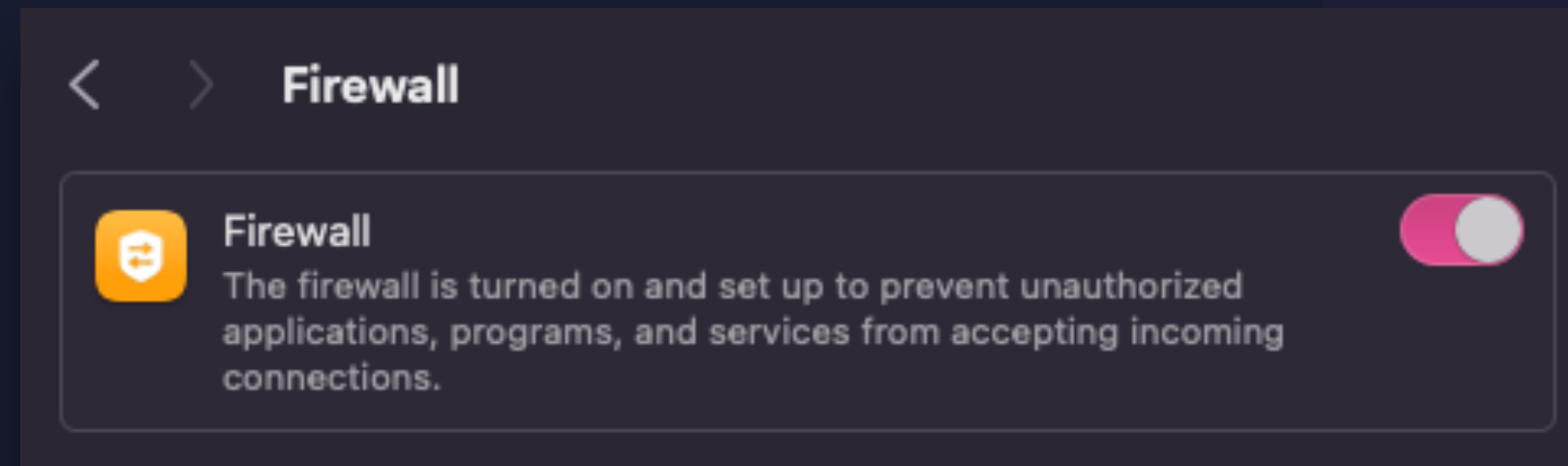
Software firewalls run on your actual computer and protect it, regardless of which network it connects to.

Important when you leave your home or office and connect to a coffee shop, hotel, conference or any other Wi-Fi network.



Software Firewall: Activate It

Sometimes it's already on, but it's quick and important to check.



<https://hardertohack.com/computer/software-firewall>



Digital Decluttering: What Is It?



Removing apps and services for your device you no longer need. Each app or service can potentially be an entry point for cyber threats.

Fewer apps can mean fewer vulnerabilities on your devices.

And unused or legacy apps may not be regularly updated, making them easier targets for bad actors exploiting known weaknesses.

Digital Decluttering: Putting It In Action

- Focus on apps you know you added but haven't used in a long time.
- If multiple apps serve the same purpose, choose the best one and remove the others.
- Be cautious not to uninstall system apps that are necessary for your computer's operation.
- If unsure about an app, a quick internet search can help



<https://hardertohack.com/mobile/clean-up>



<https://hardertohack.com/computer/clean-up>

Phishing: What Is It?



When scammers send you a message or email that looks like it's from a legitimate source, but it's actually fake.

Their goal is to **trick you into giving away personal information**, like your login details or credit card number.

Phishing: How to Defend Yourself

Verify everything before taking action,
using a known trusted method.

- Check with the person sending the link or file
- Call back on a known good number
- Confirm all money transfers, payments, or purchases
- Beware of urgent requests requiring immediate action

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Questions?



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Feedback



Motivate Your Employees with 4 Questions & 3 Actions



Lightning Session



Overview

February 21, 2024 12 PM - 12:30 PM ET

Motivated employees drive business success, and intrinsic motivation ensures committed and passionate employees. Move the needle with 4 questions for your team and 3 actions for you as a leader.

Agenda



Employee Motivation &
Psychological Safety:
Defined and Linked



4 Questions
for Your Team



3 Actions for
You as a Leader

You'll Learn

- Create an environment of psychological safety to boost intrinsic motivation
- Engage your team to foster a motivating environment
- Take simple actions to ensure employees' intrinsic needs are met