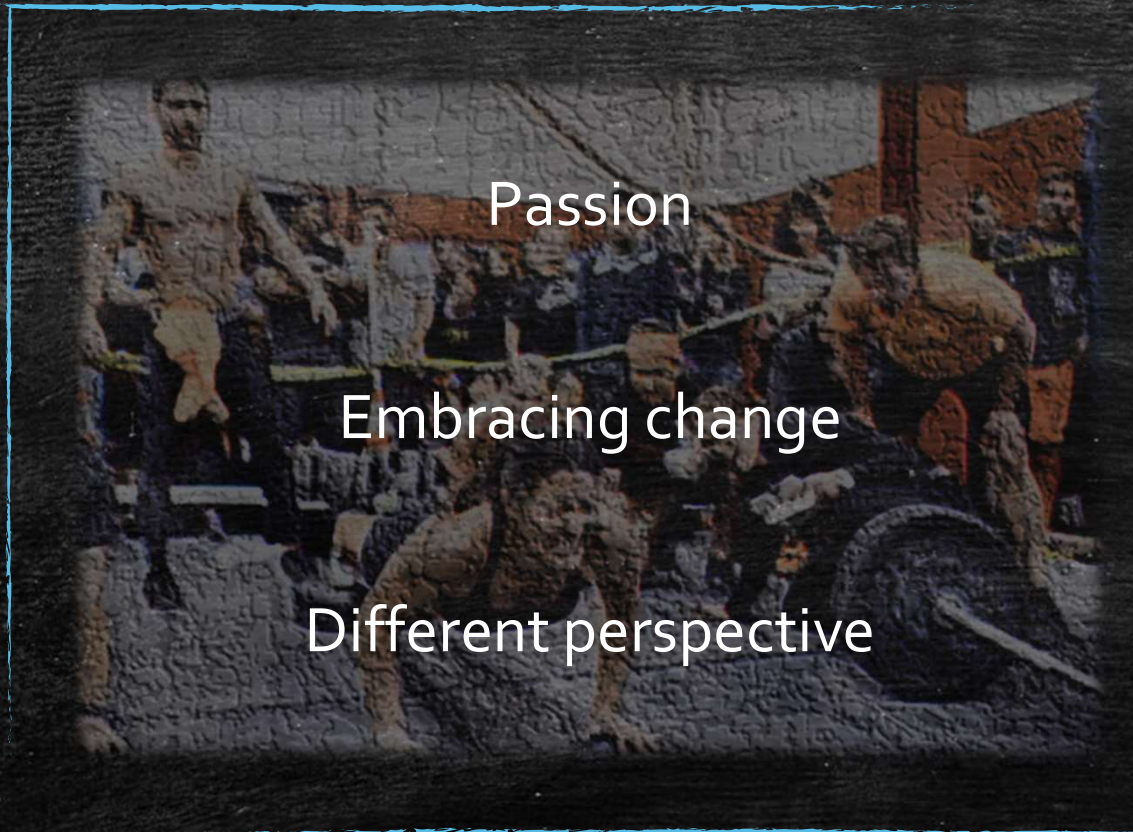


FLEX YOUR INFOSEC MUSCLES!

ZUZANA BITTEROVA

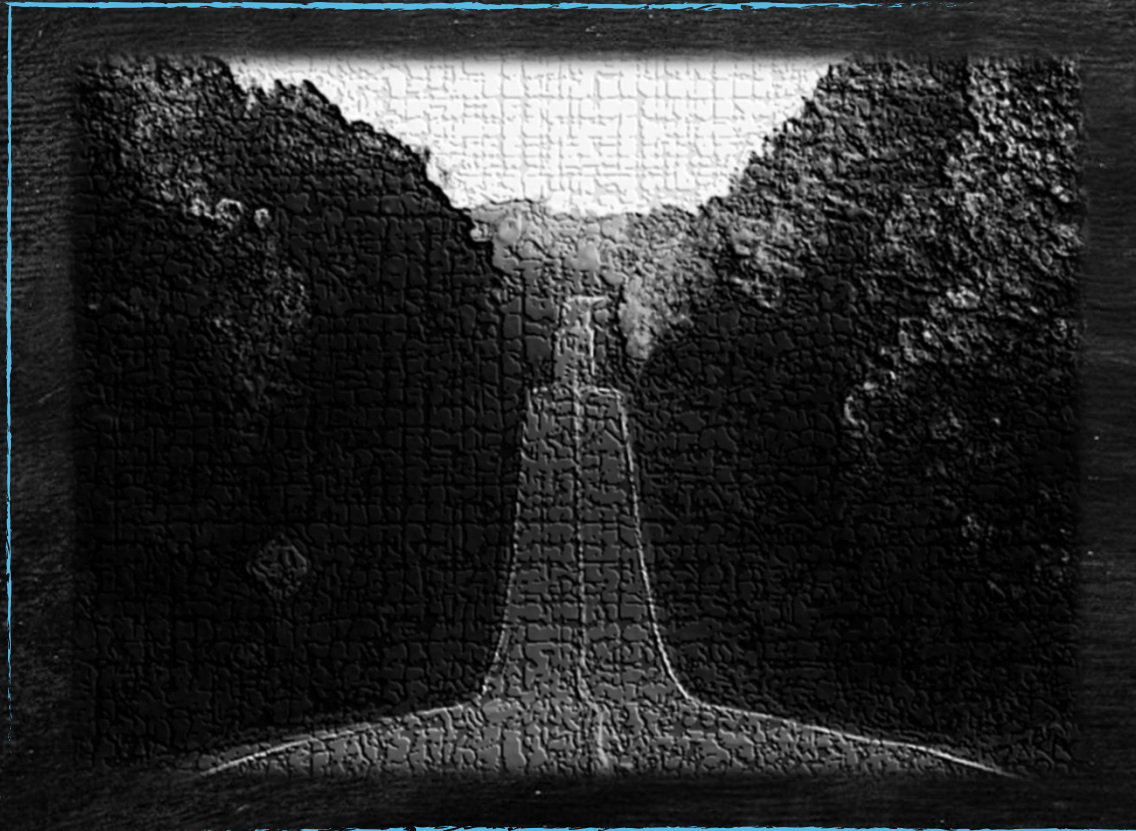


This presentation is about ...



This presentation
is NOT about
how to become an expert
in the information security area

The Journey



Who I am ...

What is powerlifting ...

Training benefits ...

Adopting change ...

Success formula ...

A bit about the speaker ...



Passionate about Information Technology

... esp. cyber security, cyber warfare

Keen learner

Jetsetter / globetrotter

"Piston head"

Certifications:

- CISM
- CIPR
- ISO27001/LA & LI
- ISO22301/BCM
- ITIL Practitioner
- Prince2
- EU GDPR DPO

A bit about the speaker ...



Work experience:

- Telecommunication / manufacturing (Samsung)
- Pharma
- IT / SW development
- Recruitment
- Retail / Real Estate

Key Business Strengths:

- Governance and frameworks
- Policies and processes
- Project and change management
- Stakeholder's management

A bit about the speaker ...



Pursuing the dream:

- Volunteering
- Specific tech projects
- Global team

Being a part of something bigger

Why powerlifting ?

Health reasons

...

Knees

...

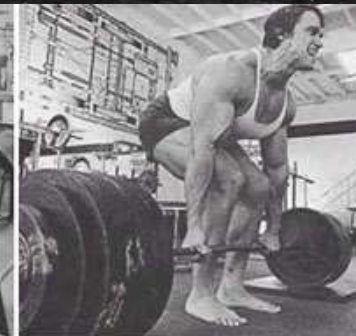
What mind and discipline
can do ...



Squat



Bench Press



Deadlift

A bit about the speaker ...

5 years competing

Best results:

National Czech Champion

7th in the World

Category: W/84+ OPEN

Top competition results (kg):

Squat 185 / 408 lbs

Bench-press 92.5 / 204 lbs

Deadlift 167.5 / 370 lbs

Total 430 / 948 lbs

Training routine - 3x / 5x per week





MOTTO

I believe everyone has ability
to become the best one ever.

No matter where you are coming from
and what your circumstances are ...

YOU ARE ABLE to become
the best version of yourself !!!

Initial thoughts ...

Strength training
versus
Information security
????

THEY DON'T CHANGE ...
YOU DO!

Initial thoughts ...

You need ...

Goal

Strategy

Action!!!

.... to start with

Strategic objectives

Competition lift

- Lift the heaviest weight possible!

Information security

- Identify all threats ...
- Vulnerabilities ...
- System weaknesses ...

ASAP

Strategic objectives

Competition lift

- Apply all required technical necessities for the lift / commands.

Information security

- Utilize all your / your team's knowledge, skills and beyond ...
- Predict unpredictable ...
- Are you up to date with the latest trends / technology?

Strategic objectives

Competition lift

- Be better than your competitor.

Information security

- Think as “the other side” – the dark side ...
 - What they are after?
 - What are the Crown jewels ?
 - ROI = effort - gains

Strategic objectives

Competition lift

- **DO NOT DIE** under the bar!!

.. or injure yourself ...

Information security

- Do not make "trivial mistakes"
 - Weak passwords ?
 - Public Wifi ?
 - Click on the links ?
 - No back up ?
 - Locking your laptop ?

How to reach the objectives ?

By only one way possible ...

ACTION



Everyone wants results ... right ?

What will be the first step

Joining the gym

Start with the diet

Read million articles about getting fit



In order to be FIT ...

Will you get fat
because you ate burger
or pizza
ONCE...?



In order to be FIT ...



But at the same time,
Will you get FIT
by eating a salad
ONCE ... ?

In order to be the best ...

Would you go to gym
for the first time
and lift **200kg** on the bar ???

(440 lbs)

In order to be the best ...

Would you **penetrate an enterprise network**
if you just started a new job
and have never done it before ???

A black and white photograph of a bodybuilder flexing his right arm, showing extreme muscle definition. The man is shown from the waist up, turned slightly to his left, with his right arm bent at the elbow and his hand near his head. His left arm is also bent, with the hand near his chest. The background is dark and textured.

Sooooo ...

How will you get

"there"

???

Only one way possible ...

Discipline

Strong vision

Goals

Drive

TRAINING

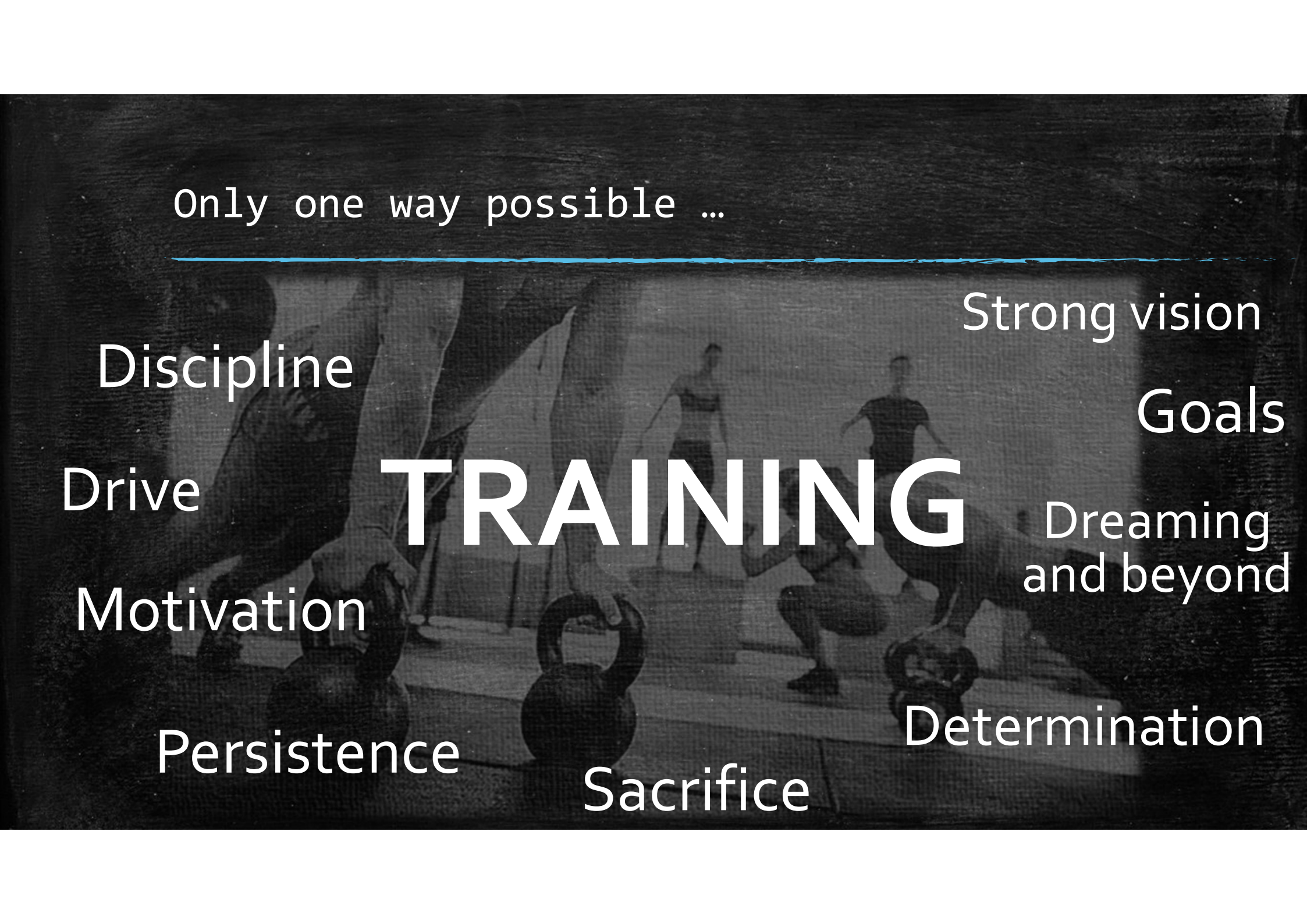
Dreaming
and beyond

Motivation

Persistence

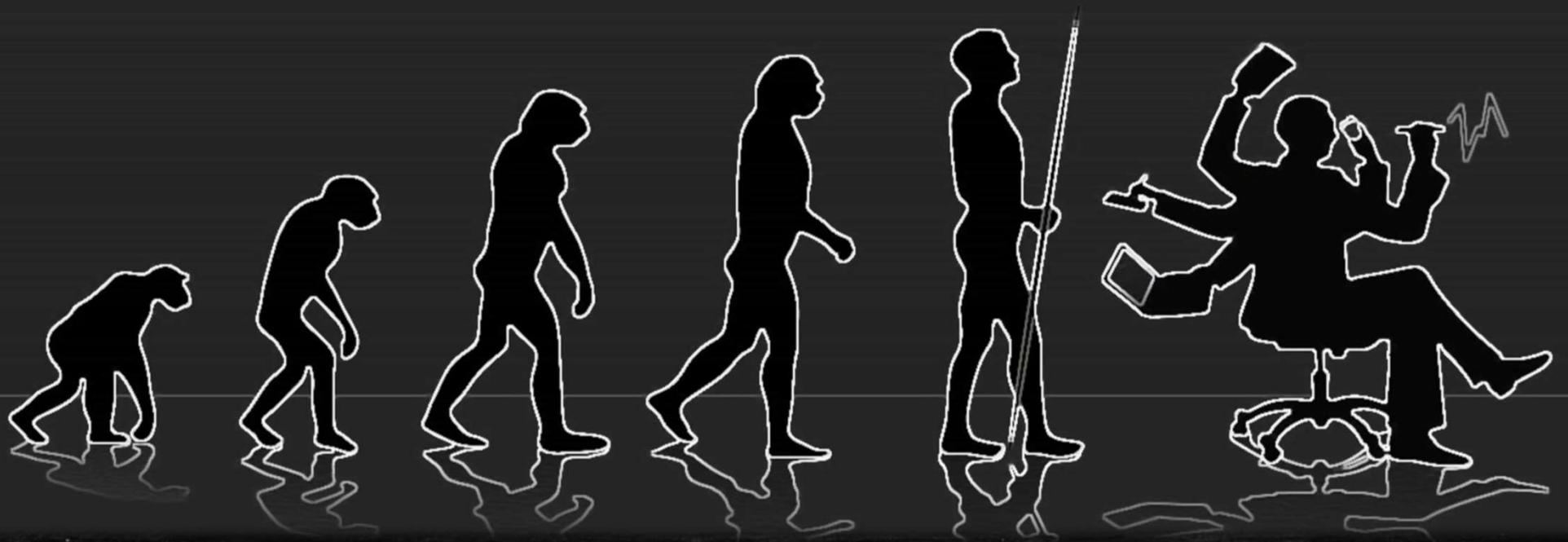
Determination

Sacrifice



The mighty power of evolution ...

Your body / brain... will adjust to anything



Guess what ...

The same
applies
to any area
of your life

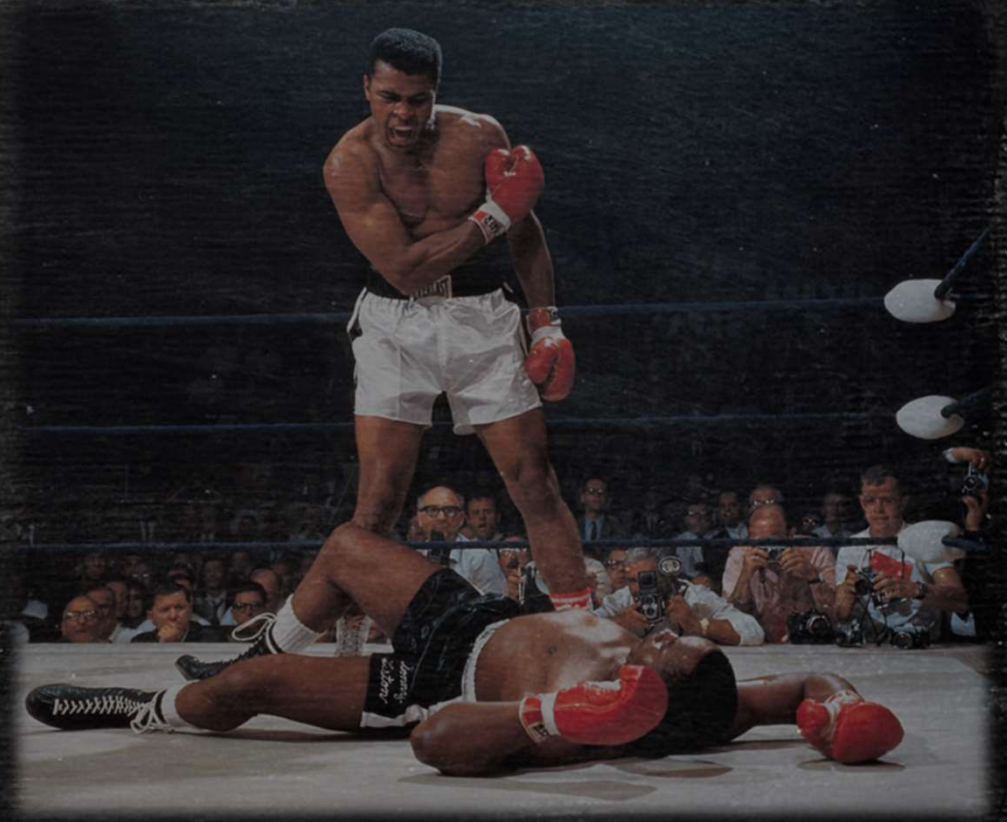
...



...

But you need to
keep going

...



Sooooo ... ?

What stops you
to be
the best one ever
???



Practice in place

How many hours does Usain Bolt train... ???



3-4 hours of weight and core training each day

+

around five times a week sprint training

with around 2 or more days recovery

Practice in place

How much time
do successful people
spend on
“training”
????



Practice in place

- **Warren Buffett** read between 600 and 1000 pages per day when he was beginning his investing career, and still devotes about 80 percent of each day to reading.
- **Bill Gates** reads about 50 books per year, which breaks down to 1 per week
- **Mark Cuban** reads more than 3 hours every day
- **Elon Musk** is an avid reader and when asked how he learned to build rockets, he said "I read books."
- **Mark Zuckerberg** resolved to read a book every 2 weeks throughout 2015
- **Oprah Winfrey** selects one of her favorite books every month for her Book Club members to read and discuss

Practice in place

How much time do
YOU
spend on
“training”
????

Let me tell you a story ...



China's Lu Xiaojun
& his new total world record
& his coach Wang Baofu

.. on the men's 77Kg Group A weightlifting
competition at the ExCel venue at the
London 2012 Olympic Games August 1, 2012.

Lu Xiaojun beat his own world record total, set at the
world championships three years ago, by 1 kg with an
overall weight of 379 kg across the two styles of Olympic
lift, including a world record snatch lift of 175 kg

**Every Olympic athlete has still a coach ...
regardless of his years spent training**

Training via ... Finding a mentor



True mentor will take you
through dark places

See the best in you

Pass on his/her expertise

Show you the path

Training via ... Talking with colleagues



Communication
Being vulnerable
Showing interest
Sometimes it can start with...
"How are you doing?"

Training via ... Community groups



Volunteering

Being part of something else
... bigger and better

Socialize

Give back!

Training via ... Conferences / Expos



There are many conferences
and expos
through whole year
at every corner of the globe!

And sometimes free !!!

Training via ... Social Media



Utilise new trends

- Digital media
- Social platforms
- Blogs
- Community

....

Training via ... courses



There are many courses you can get

- Class style
- Online
- Coaching style
- Business / company
- Vendors / products related

Training via ... networking



Meet people and talk!!!

- Discuss topics
- Exchange business cards
 - Initiate chat
- Connect on LinkedIn
 - Take selfie 😊

What to get ?

- What fits your needs !
- Different people prefer different styles
- Mix is always good!!

It Is Hard!

Being a capable, operational cyber professional is hard. It takes years of experience, education, the proper set of certifications, and a strong human network. The "cyber" title must be earned.

Paul de Souza, CSFI.US

Mindset ... ?



Everything is hard before it is
easy.

~ Johann Wolfgang von Goethe

What helps ...

Powerlifting

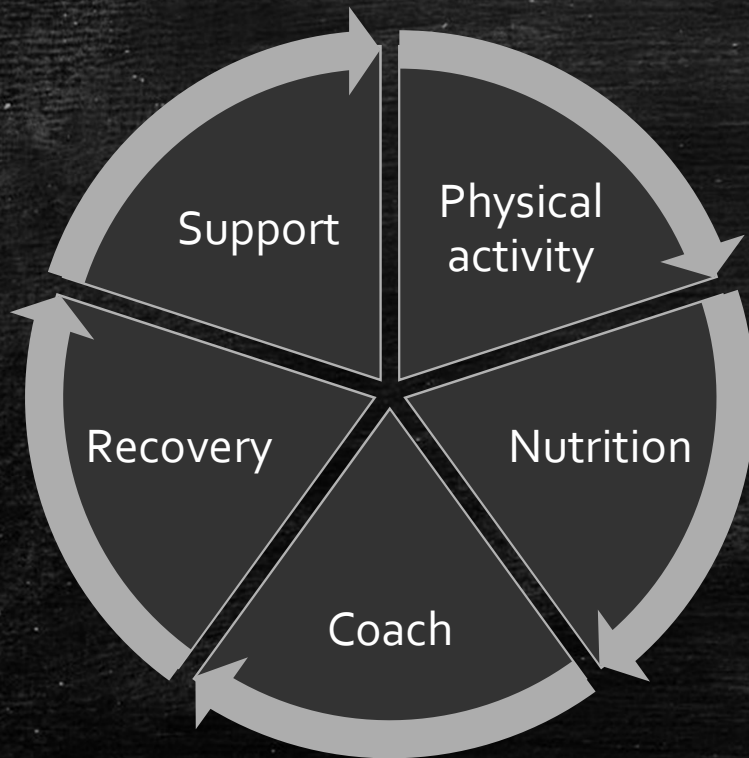
- Endless hours in gym
- Overcoming ups and downs
- Adjusting technique, new methods / styles
- Implementing supportive muscles training
- Right nutrition
- Practise, competitions

Information security

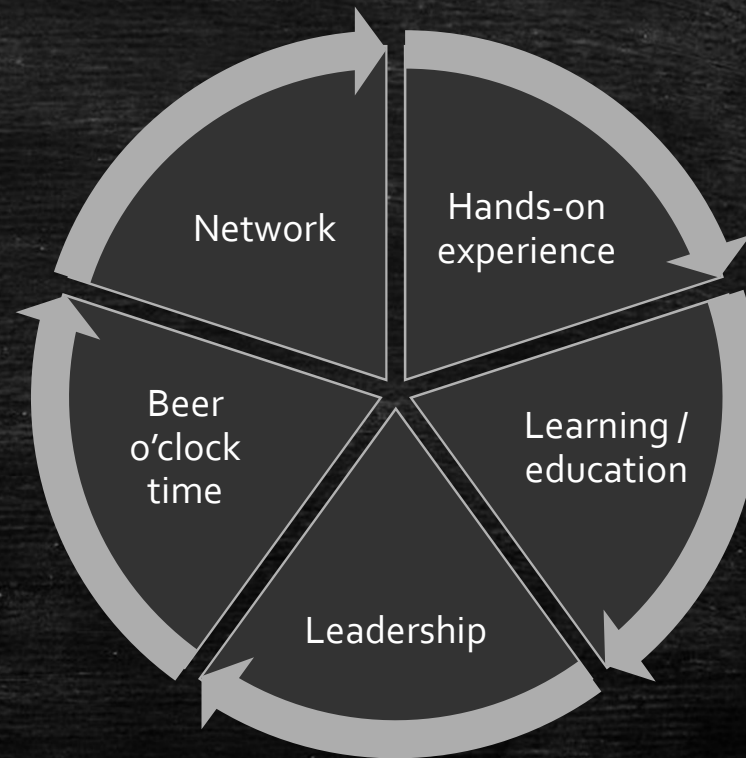
- Trying over and over – different ways
- Exploring options / countermeasures
- Familiarity with the threats and newest “trends”
- Trying to look at the whole process from holistic point of view
- Networking / Mentors ...
- ... TRAINING

In conclusion ...

Strength training



Information Security training



BUT !!!



Ability is nothing without
opportunity.

~ Napoleon Bonaparte

How to create an Opportunity ...?

**BE A GIVER,
NOT A TAKER !**

Success formula ...

SUCCESS IS BEYOND MATERIAL GRATIFICATION

...

OPPORTUNITIES ARE MEANT
TO CAUSE CHANGE AND EFFECT

... BE READY TO EMBRACE IT!

3 foundational principles of SUCCESS

#1 SOMETHING YOU KNOW

(skills and training ...)

#2 SOMETHING YOU HAVE

(certifications, degrees, integrity ...)

#3 SOMEONE YOU KNOW AND TRUST

(trusted relationships !!!)

BY PAUL DE SOUZA



You already know what the
right thing to do is...
You just gotta do it.
-- Jocko

THE #1 *NEW YORK TIMES* BESTSELLER
NOW WITH NEW FOREWORD AND Q&A SECTION

EXTREME OWNERSHIP

HOW
U.S. NAVY
SEALS

LEAD AND WIN

JOCKO WILLINK AND LEIF BABIN

#jockopodcast



www.linkedin.com/in/susanne-zuzana-bitter

Questions ?