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# Cyber Security Awareness Training

For more information, visit our [Cyber Security Awareness Training](#) webpage.

## COURSE CONTENTS

This training course is broken down into 3 sections

- 1 Cyber Security Overview
- 2 What You Can Do
- 3 Security Breaches

## LEARNING OUTCOMES

- ✓ Understand how security breaches can occur and learn best cyber security practices
- ✓ Know what to do to prevent cyber attacks
- ✓ Know how to identify security weaknesses and strengthen them

## ABOUT THIS COURSE

Cyber security is a vital part of an organisation's information security measures.

**Cyber-crime** costs UK businesses a lot of money (Almost £30 billion per year to be more precise) and causes massive disruption. In fact, each year around half of all UK businesses has **at least one** security breach.

We are all responsible for keeping information safe when using computers and similar devices, so this **Cyber Security Awareness Training** has been designed for everyone to use.

It includes some straightforward practical steps that will help to protect computers, networks, programmes and data from unauthorised access, helping to safeguard the systems and information we use.

Cyber attacks are more prevalent than ever before, with [ransomware attacking organisations](#) (such as the NHS), airports, banks and government departments; the need for organisations to implement Cyber Security Training is obvious. Our Cyber Security Course can be completed in just 30 minutes and helps you to comply with current legislation.

We believe in practising what we preach. That's why we are [Cyber Essentials Certified](#)!