



Cyberskills Intro to Information Security

- H		
 K		





Info-Security

Er vigtigt, da verden afhænger af det!



66



If you think technology can solve all your IT-security problems. You don't understand the technology and you don't understand the problem. Quote : Bruce Schneier





Lars Blomgaard Cybersecurity Specialist

I love to share knowledge about IT-security You can find me at @linkedin leb56751gvgr



Cybersecurity Specialist

- NNIT Security Specialist
- NC3 Digital investigations and prevention
- DSV Senior IT-Security Architect

Spare time

 $C \setminus I$

• Underviser på KEA in Governance and DFIR





KEA - Københavns Erhvervs Akademi - Studies

Governance

- ISO, CIS, NIST
- DK Criminal LAW §
- Risk management
- Awareness
- Preparation plans
- Study preparation
- Exam preparation

Threat Handling

- Preparation technical
- Phases for incident response
- Digital Forensics
- Analysis labs
- File, malware, log, network forensics
- Reporting
- Study preparation
- Exam preparation





Her afspejler jeg mine personlige holdninger og repræsentere ikke nogen af førnævnte virksomheder.

Afspejler min viden fra KEA og personlige holdninger



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Kilde: https://www.chathamhouse.org/chatham-house-rule?gclid=EAIalQobChMI_vyv4-bL5wIVxOR3Ch3aJAauEAAYASAAEgKR5PD_BwE



"Inspiration"

I have been inspired by this book "IT-sikkerhed i praksis - an introduction". Written in Danish and the first book of its kind. ANDRÁS ÁCS PEDERSEN KARSTEN DAHL VANDRUP

IT-SIKKERHED I PRAKSIS EN INTRODUKTION

Er du it-studerende, udvikler, konsulent, administrator, projektleder, DPO eller CTO?

Her er bogen, der giver dig en bred forstäelse af it-sikkerhed.





Agenda



- Your beginning you start today
- What is Infosec
- How is this managed
- Frameworks and strategy
- Risk management and vulnerabilities
- Disaster, when everything fails
- Your path and round up







Your Beginning







But who are you on the Internet?

- Look over your shoulder
- Or make your friends do this
- Look for what fx Google, Bing, Duckduckgo know
- SoMe
- And many more







What is Infosec?



Governance why?

1 Problem, Who is responsible?

- Strava = Fitness app
- Soldiers exercising, App collects data and shares with the world
- Who is responsible for this ?
- Secure location exposed







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Link = <u>https://www.bellingcat.com/resources/how-tos/2018/01/29/strava-interpretation-guide/</u>

Link = https://www.bellingcat.com/resources/articles/2018/07/08/strava-polar-revealing-homes-soldiers-spies/









How to control

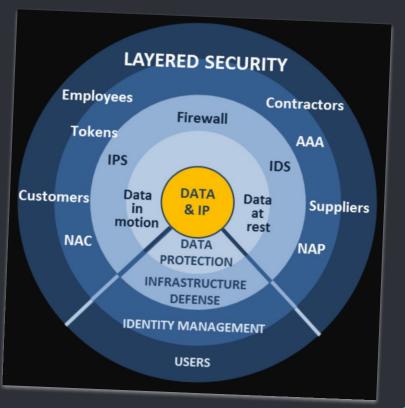
Frameworks help us





Corporate Business - Complexity

	layout: side 🔻	show sub-technic	lues	hide sub	-techniques	
nce ues	Privilege Escalation 13 techniques	40 techniques	A	dential ccess	Discovery	
"	Abuse Elevation Control Mechanism (4) Access Token Manipulation (5) Boot of Logon Autostart Execution (15)	Access Token Manipulation (5) BITS Jobs Build Image on Host Deobfuscate/Decode Files or Information	Advers the-Mi	sary-in- ddle (2) II Force (4) II tials ord II (5)	29 technique Account Discovery Application Window Discovery Browser Bookmark Discovery Cloud Infrastructure Discovery Cloud Service	(4) II N
	•	Cloud Security Fra	mewo	rk •	Dashboard	lementati Approach Seority







People need

- Training and awareness
- Guidance
- Nudging and a push in the right direction
- Single Point Of Contact (SPOC) when in doubt
- Continuous care





IT-People need

- Training and maintenance
- Guidance
- Nudging and a push in the right direction
- Continuous care
- A clear plan when things don't go as expected





Management need

- Make decisions and have mandate
- Guidance
- Be part of the plan
- Continuous update and follow up
- A clear plan when things don't go as expected
- Take ownership





We are all in the same boat







Make your personal strategy

- Use password manager w MFA
- Use MFA where possible
- Seperate your technology, have multiple browsers, password managers for different tasks
- Don't use corporate email for personal stuff





Make room for

- People make mistakes
- Changes in the company
- Explaining the necessity of Information security.
- Make it ok to ask when in doubt
- Show your ID when asked

Information Security is a concern for all !







Management

How to we manage information security?





The adversaries

So many data available from the past

Leaks

Enriched data

Pictures (facebook, instagram, snap)

The nation sponsored actors - the really bad ones!

- 2010 Nuclear centrifuges (Stuxnet)
- 2015 German parliament hack
- 2016 US clinton hack
- 2017 Vault 7 (est 60-70 zero-days)
- 2021 Colonial Pipeline

Adversaries - Criminals

Often from countries in the developing world Work with little risk and repercussions They can get access with little effort They are skillful Have all the time in the world High motivation for high gain

Source stuxnet: https://en.wikipedia.org/wiki/Stuxnet

Vault 7: https://www.nextgov.com/cubersecuritu/2017/03/wikileaks-dump-shines-light-governments-shadowu-zero-dau-policu/136079/ and https://wikileaks.org/ciav7p1/#FAQ US clinton: https://www.bbc.com/news/election-us-2016-36927523

German Office: <u>https://www.reuters.com/article/us-germanu-cuber-idUKKCN1GE2H5</u>

Colonial pipeline : https://www.bloomberg.com/news/articles/2021-06-04/hackers-breached-colonial-pipeline-using-compromised-password





The adversaries make use of

Unpatched systems

People make mistakes, mistakes get into software, software are sold/distributed.

Webpages

Webpages are often overlooked and miss TLC

Embedded systems

Embedded systems, that is on the network gets forgotten. Firmware are software!

Weak passwords

The mother of all fun

Open ports

Services are exposed to the internet. Port 3389 is the gate to doom if left open

No monitoring of service

No monitoring of a service, you don't know the adversaries use bruteforce, no one knows og looks





The adversaries make use of

Forgotten services

If a service is labeled as end of life (EOL). Check it's EOL. If a vps, this will be abused

Test that went to production

The local IT-hero went to IT-zero, because the system was not backed up

Peoples trust

Phishing, Vishing, Smishing, Social Engineering. We are too trusty against unknown people

People's greed

Employees can turn to malicious actors, if the money is enough

Complexity of a company

Too much technology and compliance will suffocate a business and the overview

The cloud

Can we get transparency in the cloud? Can we se if the systems are used or abused?

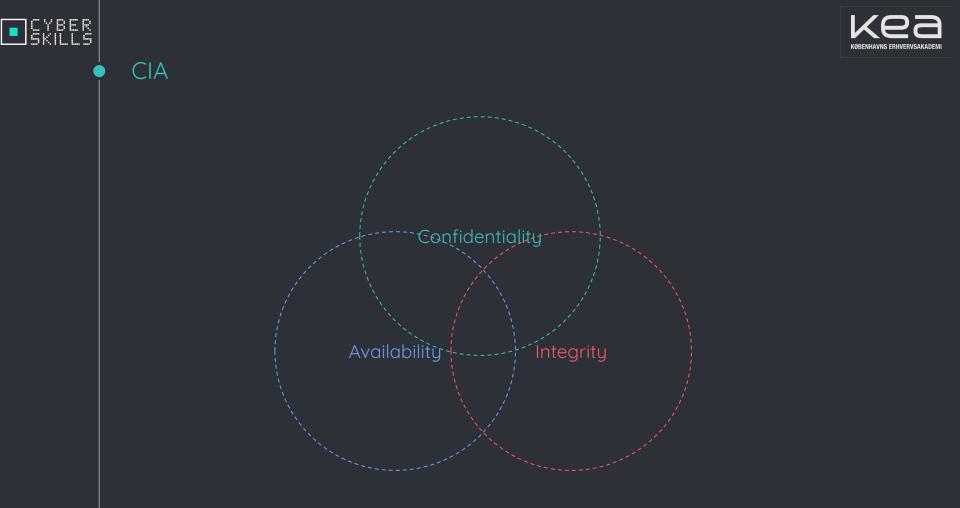






Frameworks

and strategy









Mitigation Minimize surface





Knowledge for employees

What's in it for me?

- Missing training
- Password strategy
- Culture of admitting errors
- Why should spend time on security?
- Is it ok to ask for the ID-card

We are all in the same boat





Big companies - big complexity

- Missing preparation
- Overlook the details
- Product blindness
- Too little time to investegate
- Miss the picture of vital data

This is not a easy quick fix - prepare to defend





Physical

- Do we know you?
- Who is your appointed, lets guide you there
- What countermeasures do your business need?
- Surveillance of property
- Physical safety (out of hours)





Physical Security is also a part of information security

- ID-cards
- Fences
- Surveillance
- Clean desk policy
- Log out when PC is idle
- Awareness of where you communicate about what





Our systems are many

- SIEM log mgmt
- IDS
- SOC / SAC
- AV, FW, IPS, DLP, DMARC, IAM and much more
- Cloud (by the way its someone elses computer)

Don't get product blind





Where is our data when we need it?

- It is in the Cloud nowhere to be seen (or downloaded)
- How can it be obtained?
- What is in the data?
- Is it correct?

Do we have what we need, when we need?





Our data gives knowledge

- Missing preparation
- Overlook the details
- Product blindness
- Too little time to investegate
- Miss the picture of vital data

This is not a easy quick fix





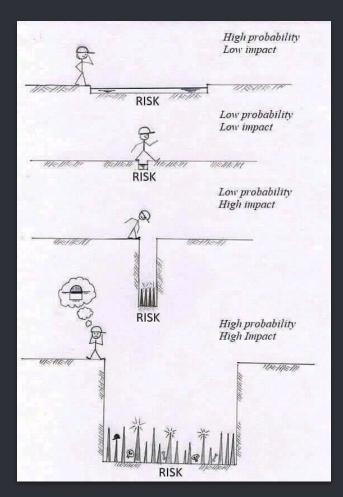




Risk management and vulnerabilities



Risk and score



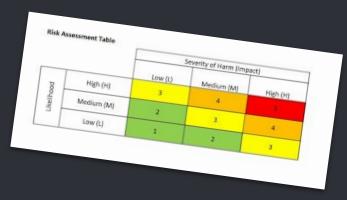






Risk calculation

Risiko faktor	Sandsynlighed (S)	Konsekvens (K)	S * K	Prioritet
System 1	4	2	8	2
System 2	2	3	6	3
System 3	5	2	10	1
System 4	1	5	5	4



Eksempel på udregning fra CIS: https://www.cisecurity.org/blog/the-one-equation-you-need-to-calculate-risk-reduction-roi/

og fra risk management guru: https://riskmanagementguru.com/residual-risk-scoring-matrix-example.html/





Risk management

IMPACT Significant	F	Risk Management A	Actions	
 Financial Loss > \$5MM Stakeholder faith impacted and lasts > 18 months Isolated or Multiple Loss of Life Multiple events of fine, fraud or legal action Complete system crash with loss of critical data Inability to recruit, retain staff to operate Labour disruption that impacts graduation 		Must manage	Extensive	
 Financial Loss < \$5 MM Stakeholder faith impacted and lasts 6-12 months Significant injury to one or more Isolate incidents of fine, fraud, or legal action System crash during a peak period Difficulties in recruiting and retaining staff Labour disruption that impacts operations of any duration 	Risks may be worth accepting with monitoring	Management effort worthwhile	Management effort required	
Financial Loss < \$500,000 Stakeholder faith impacted and lasts < 6 months Isolated injury Civil or criminal action threatened System off-line periodically during non-peak periods	Accept risks	Accept but monitor risks	Manage and monitor risks	
_	Low > 36 months	Medium 18 to 36 months LIKELIHOOD	High 12 to 18 months	





Patch management

- Patch tuesday from MS.
- Patch in OT environments (other strategy)
- Identify patch , vulnerability management
- Patch review
- Emergency patch
- Compliance review





The adversaries make use of

Zero-days

The stuff no one knows about

Advanced Persistent Threats - APT

Gain persistence in a system (Average 197 days (2018) - 280 days (2018))



Killchain: <u>https://www.lockheedmartin.com/en-us/capabilities/cyber/cyber-kill-chain.html</u> Average time for breach: <u>https://securityboulevard.com/2018/07/survey-finds-breach-discovery-takes-an-average-197-days/</u> and https://www.schneiderdowns.com/our-thoughts-on/2021-data-breach-cost



Malware



Key Malware Statistics

- 560,000 new pieces of malware are detected every day.
 - There are now more than 1 billion malware programs out there.
 - - Every minute, four companies fall victim to ransomware attacks.
 - Trojans account for 58% of all computer malware. •

Source: https://dataprot.net/statistics/malware-statistics/





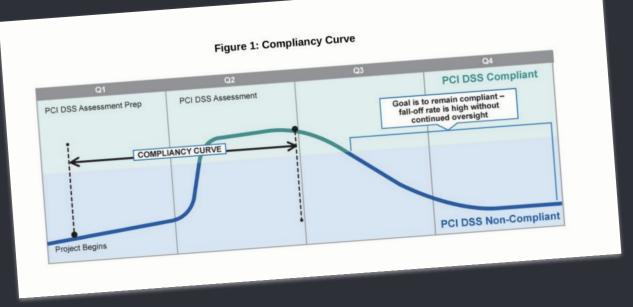
Combination







Patch race









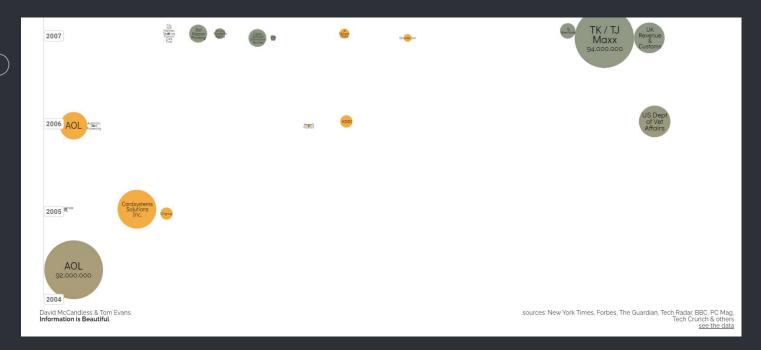


CVE-details: https://www.cvedetails.com/browse-by-date.php





In the 00's

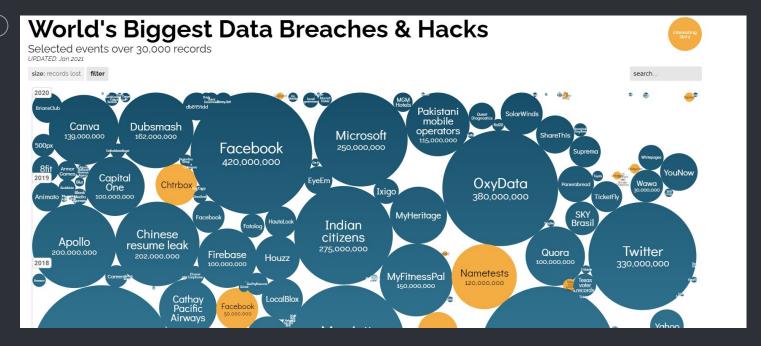


Source: https://www.informationisbeautiful.net/visualizations/worlds-biggest-data-breaches-hacks/





In the 20'ies



Source: https://www.informationisbeautiful.net/visualizations/worlds-biggest-data-breaches-hacks/



Leaks



@rambler.ru:saldamanin↓ 53.com:zhigao008↓ .com:1986074 ail.ru:00080b in@hotmail.com:maras45↓ 53.com:198123↓ ail.ru:ghbdtn↓ 3.com:gundam↓ .com:1102334 il.ru:Đ%ĐμÑ, Ñ,ĐμррĐ%Ñ€Ñ∱↓ 163.com:123456 163.com:13751849 163.com:chaos008↓ l.ru:qwertyuiop↓ @rambler.ru:fg27z564 ianya.cn:83811204 ail.ru:1q2w3e4r5t6y↓ 3@gmail.com:iseedeadpe↓ ail.ru:134679a↓ rka@aol.com:p0werp0wer↓ rka@gmail.com:p0werp0wer↓ rka@yahoo.com:p0werp0wer↓ t@gmail.com:gamer008↓ yogi@gmail.com:9314895820↓ yogi@gmail.com:july53348↓ yogi@gmail.com:nonysygi↓ a@gmail.com:99938239924 t.pote@gmail.com:12345678↓ t.pote@gmail.com:1234gweras↓







Frameworks

Managements anchor of IT-security in the company





What is a control

con•trol /kən trōl/

A control is the power to influence or direct behaviors and the course of events. A control is a means of managing risk, which includes policies, standards procedures, practices or other means of an administrative, technical, management or legal nature.

Link: https://www.complianceforge.com/blog/is-cmmc-really-a-maturity-model-or-just-a-controls-catalog-with-5-control-sets/





Center For Internetsecurity = CIS (CIS18)



Center For Internetsecurity = CIS (CIS18)

Implementation Groups



An IG1 enterprise is small to medium-sized with limited IT and cybersecurity expertise to dedicate towards protecting IT assets and personnel. The principal concern of these enterprises is to keep the business operational, as they have a limited tolerance for downtime. The sensitivity of the data that they are trying to protect is low and principally surrounds employee and financial information.

Safeguards selected for IG1 should be implementable with limited cybersecurity expertise and aimed to thwart general, non-targeted attacks. These Safeguards will also typically be designed to work in conjunction with small or home office commercial offthe-shelf (COTS) hardware and software.



IG2 (Includes IG1)

An IG2 enterprise employs individuals responsible for managing and protecting IT infrastructure. These enterprises support multiple departments with differing risk profiles based on job function and mission. Small enterprise units may have regulatory compliance burdens. IG2 enterprises often store and process sensitive client or enterprise information and can withstand short interruptions of service. A major concern is loss of public confidence if a breach occurs.

Safeguards selected for IG2 help security teams cope with increased operational complexity. Some Safeguards will depend on enterprise-grade technology and specialized expertise to properly install and configure.



IG3 (Includes IG1 and IG2)

An IG3 enterprise employs security experts that specialize in the different facets of cybersecurity (e.g., risk management, penetration testing, application security). IG3 assets and data contain sensitive information or functions that are subject to regulatory and compliance oversight. An IG3 enterprise must address availability of services and the confidentiality and integrity of sensitive data. Successful attacks can cause significant harm to the public welfare.

Safeguards selected for IG3 must abate targeted attacks from a sophisticated adversary and reduce the impact of zero-day attacks.





Center For Internetsecurity = CIS (CIS18)

- Inventory and Control of Enterprise Assets
- Inventory and Control of Software Assets
- Data protection
- Secure Configuration of Enterprise Assets and Software
- Account Management
- Access Control Management
- Continuous Vulnerability Management
- Audit Log Management
- Email and Web Browser Protections
- Malware Defenses
- Data recovery
- Network Infrastructure Management
- Network Monitoring and Defense
- Security Awareness and Skills Training
- Service Provider Management
- Application Software Security
- Incident Response Management
- Penetration Testing





Center For Internetsecurity = CIS (CIS18)







Benefits of CIS kubernetes example (Container management)

Benchmarks

The listing below displays all the benchmarks you currently have access to.					
Search Status All V Filter					
Title 🗢					
🕼 🛢 CIS * Microsoft Windows Server 2012 R2 Benchmark [imported]	Version 🖨	Status 🖨	Community	Collections	Owner
	v1.0.0	Published	CIS Microsoft Windows Benchmarks		
Tailored **Draft**_Microsoft Windows 10 Enterprise Release 1909 Benchmark	v1.8.1	Draft	, and a second sec		bfrantz
CIS Alibaba Cloud Container Service For Kubernetes (ACK) Benchmark					🛎 ronantiu
	v1.1.0	Draft	CIS Kubernetes Benchmarks		rmowen
😹 CIS Alibaba Cloud Container Service For Kuberneter (1919 –					
CIS Alibaba Cloud Container Service For Kubernetes (ACK) Benchmark	v1.0.0	Published	CIS Kubernetes Benchmarks		
 CIS Alibaba Cloud Container Service For Kubernetes (ACK) Benchmark CIS Alibaba Cloud Foundation Benchmark 	v1.0.0		 CIS Kubernetes Benchmarks CIS Alibaba Cloud Benchmarks 		& mvogelerpeterson





Benefits of CIS kubernetes example (Container management)



CIS Benchmarks[™]

CIS Azure Kubernetes Service (AKS) Benchmark

v1.2.0 - 10-21-2022



3.1.2 Ensure that the kubelet kubeconfig file ownership is set to root:root (Manual)

Profile Applicability:

Level 1

Description:

If ${\tt kubelet}$ is running, ensure that the file ownership of its kubeconfig file is set to ${\tt root:root}.$

Rationale:

The kubeconfig file for kubelet controls various parameters for the kubelet service in the worker node. You should set its file ownership to maintain the integrity of the file. The file should be owned by root:root.

Impact:

None

Audit:

SSH to the worker nodes To check to see if the Kubelet Service is running:

sudo systemctl status kubelet

The output should return Active: active (running) since.. Run the following command on each node to find the appropriate kubeconfig file:

ps -ef | grep kubelet

The output of the above command should return something similar to --kubeconfig /var/lib/kubelet/kubeconfig which is the location of the kubeconfig file. Run this command to obtain the kubeconfig file ownership:

stat -c %U:%G /var/lib/kubelet/kubeconfig

The output of the above command gives you the kubeconfig file's ownership. Verify that the ownership is set to root:root.

Remediation:

Run the below command (based on the file location on your system) on each worker node. For example,

chown root:root <proxy kubeconfig file>

Default Value:

See the Azure AKS documentation for the default value.

Link: https://workbench.cisecurity.org/files/4128



CIS Center for Internet Security* CIS Controls

CIS Risk Assessment Method (RAM)

Version 2.1

Implementation Group 3 (IG3) Workbook Edition

Revised August 2022

	Impact Magnitude Negligible		
	Contabl	What observable evidence would you have that your financial objectives - as you defined them above - would be unaffected? What observable evidence would you have that your financial objectives would be compromised huit and the source of	Response \$1,000
-		Correction? Particles, but it would not require What observable outdoor	\$10,000
-		correction, but the correction could be achieved through the portract	\$500,000
	tastronki	What observable evidence would you have that your financial objectives would be compromised so badly that extraordinary efforts would be required to restore them?	\$5,000,000

		Response
Negligible	Describe a condition where others would not be harmed to a Describe a condition where others would not be harmed to a	No harm could foreseeably result. Any harm that could result would not require correction, repair or compensation to make the harmed parties "whole."
	degree that required correction or comp Describe a condition where one or few others would be harmed	Correctible harm may occur to one or few others.
Unacceptable	to a degree that you could be harmed to a Describe a condition where many others would be harmed to a Describe a condition where many others would be harmed to a	Correctible harm may occur to many others, or harm even be partially corrected for a few others may occur.
High	to a degree that ouries would be irreparably impairment. Describe a condition where others would be irreparably	We would not be able to protect others from any degree of harm.
Catastrophic	harmed.	

Link: https://workbench.cisecurity.org/files/3919











Mandatory ISO 27001 documents

Here are the items you must document if you want to be compliant with ISO 27001, and the most common ways to title those documents:

What must be documented	ISO 27001 reference	Usually documented through
Scope of the ISMS	Clause 4.3	ISMS Scope document
Information security policy	Clause 5.2	Information Security Policy
Risk assessment and risk treatment process	Clause 6.1.2	Risk Assessment and Treatment Methodology
Statement of Applicability	Clause 6.1.3 d)	Statement of Applicability
Risk treatment plan	Clauses 6.1.3 e, 6.2, and 8.3	Risk Treatment Plan
Information security objectives	Clause 6.2	List of Security Objectives
Risk assessment and treatment report	Clauses 8.2 and 8.3	Risk Assessment & Treatment Report
Inventory of assets	Control A.5.9*	Inventory of Assets, or List of Assets in the Risk Register
Acceptable use of assets	Control A.5.10*	IT Security Policy
Incident response procedure	Control A.5.26*	Incident Management Procedure
Statutory, regulatory, and contractual requirements	Control A.5.31*	List of Legal, Regulatory, and Contractual Requirements
Security operating procedures for IT management	Control A.5.37*	Security Procedures for IT Department
Definition of security roles and responsibilities	Controls A.6.2 and A.6.6*	Agreements, NDAs, and specifying responsibilities in each security policy and procedure
Definition of security configurations	Control A.8.9*	Security Procedures for IT Department
Secure system engineering principles	Control A.8.27*	Secure Development Policy

*Note: ISO 27001 documents or records required by Annex A controls are mandatory only if there are risks or requirements from interested parties that would demand implementing those controls.







ISO27001

Annex A documentation

Organisations must also complete documents in Annex A, which details a list of information security controls that must be considered – whether they are implemented or not.

Indeed, you don't have to implement all 114 of its controls; they are simply a list of possibilities you should consider based on your organisation's requirements.

However, there are several controls that almost every organisation should implement. This includes:

- 7.1.2 and A.13.2.4 Definition of security roles and responsibilities
- 8.1.1 An inventory of assets
- 8.1.3 Rules for the acceptable use of assets
- 8.2.1 Information classification scheme
- 9.1.1 Access control policy
- 12.1.1 Operating procedures for IT management
- 12.4.1 and A.12.4.3 Logs of user activities, exceptions, and security events
- 14.2.5 Secure system engineering principles
- 15.1.1 Supplier security policy
- 16.1.5 Incident management procedure
- 17.1.2 Business continuity procedures
- 18.1.1 Statutory, regulatory, and contractual requirements



ISO27001

CYBER Skills

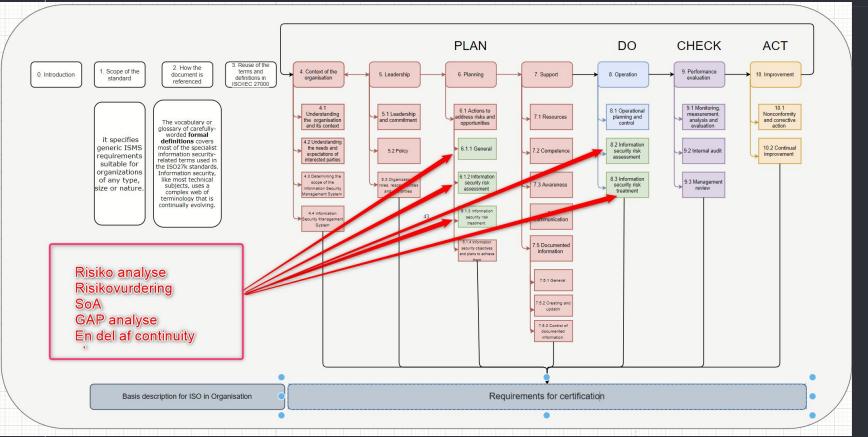
New security controls in ISO 27001:2022	Existing ISO 27001 documents where these controls can be included
A.5.7 Threat intelligence	Incident Management Procedure
A.5.23 Information security for use of cloud services	Supplier Security Policy
A.5.30 ICT readiness for business continuity	Disaster Recovery Plan
A.7.4 Physical security monitoring	Procedures for Working in Secure Areas
A.8.9 Configuration management	Security Procedures for IT Department
A.8.10 Information deletion	Disposal and Destruction Policy
A.8.11 Data masking	Secure Development Policy
A.8.12 Data leakage prevention	Security Procedures for IT Department
A.8.16 Monitoring activities	Security Procedures for IT Department
A.8.23 Web filtering	Security Procedures for IT Department
A.8.28 Secure coding	Secure Development Policy

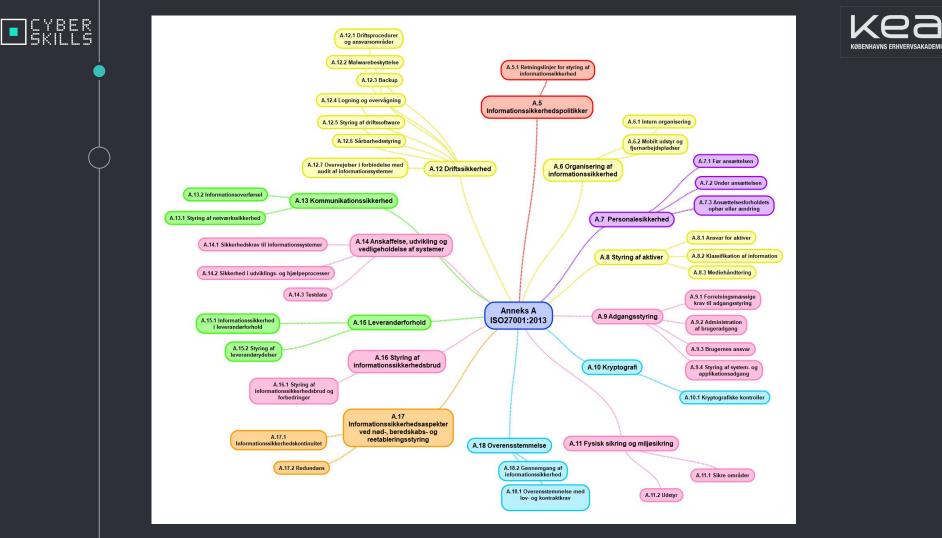
To get the templates for all mandatory documents and the most common non-mandatory documents, along with a wizard that helps you fill out those templates, **sign up for a free trial** of Conformio, the leading ISO 27001 compliance software.

Link: https://advisera.com/27001academy/knowledgebase/list-of-mandatory-documents-required-by-iso-27001-revision













CIS vs ISO27001

CIS Control	CIS Sub- Control	Title	Description			ISO 2700	
1		Inventory and Control of Hard	·	R T	Relationship	Objectiv Number	BO 27001 Control of the st
		Actively manage (inventory t	rack, and correct) all hardware devices on the network so that only authorized devices prized and unmanaged devices are found and prevented from gaining access.				
1	1,1	Utilize an Active Discovery Tool	Utilize an active discovery tool to identify devices connected to the organization's network and update the hardware asset inventory.				
1	1,2	Use a Passive Asset Discovery Tool	Utilize a passive discovery tool to identify the	Sma	II subset	A.8.1.1	Inventory of assets
1	1,3	Use DHCP Logging to Update Asset Inventory	Use Dynamic Host Configuration Destand (Duose)	smal	Il subset	A.8.1.1	Inventory of assets
1			Maintain an accurate and up to date in a date in a set inventory.	is smal	l subset	A.8.1.1	Inventory of assets
1		Maintain Asset Inventory	connected to the organization's network as a final include all hardware assets, whether		subset	A.8.1.1	Inventory of assets
1	1,5	Information	Ensure that the hardware asset inventory records the network address, hardware address, machine name, data asset owner, and department for each asset and whether the hardware asset has been approved to connect to the network.				
1	1,6	Address Unauthorized Assets	Ensure that unauthorized as connect to the network. Ensure that unauthorized assets are either removed from the network, quarantined or the inventory is updated in a timely manner.	smail	subset		Inventory of assets
1	1,7		Utilize port level access control, following 802.1x standards, to control which devices can authenticate to the network. The authentication system shall be tied into the hardware asset inventory data to ensure only authorized devices can concern to their standards.	small	subset	A.11.2.5	Removal of assets
1	18 4		inventory data to ensure only authorized devices can connect to the network			A.13.1.1	Network Controls
	A	uthenticate Hardware Assets	trusted network	large s		A.9.1.2	Access to networks and network services
1	1,8 U		Use client certificates to authenticate hardware assets connecting to the organization's rosted network.	small s	subset /		Use of secret authentication information
	~	tanonicale naroware Assets	rusted network.	small s	subset A	A.13.1.1	Network Controls

CIS mappings ISO27001: <u>https://www.cisecurity.org/white-papers/cis-controls-and-sub-controls-mapping-to-iso-27001/</u> (Download Excel = CIS Controls and Sub-Controls Mapping to ISO.xIsx)



Demands for certifying

The following mandatory documentation is explicitly required for certification:

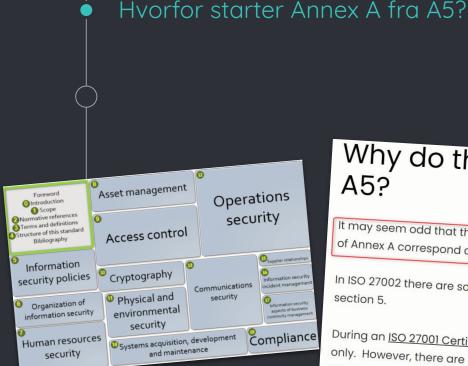
- ISMS scope (as per clause 4.3)
- Information security policy (clause 5.2)
- Information risk assessment process (clause 6.1.2)
- Information risk treatment process (clause 6.1.3)
- Information security objectives (clause 6.2)
- Evidence of the competence of the people working in information security (clause 7.2)
- Other ISMS-related documents deemed necessary by the organization (clause 7.5.1b)
- Operational planning and control documents (clause 8.1)
- The results of the [information] risk assessments (clause 8.2)
- The decisions regarding [information] risk treatment (clause 8.3)
- Evidence of the monitoring and measurement of information security (clause 9.1)
- The ISMS internal audit program and the results of audits conducted (clause 9.2)
- Evidence of top management reviews of the ISMS (clause 9.3)
- Evidence of nonconformities identified and corrective actions arising (clause 10.1)

- Various others: Annex A mentions but does not fully specify further documentation including the rules for
 - acceptable use of assets,
 - access control policy, operating procedures,
 - confidentiality or non-disclosure agreements,
 - secure system engineering principles,
 - information security policy for supplier relationships,
 - information security incident response procedures, relevant laws,
 - regulations and contractual obligations plus the associated compliance procedures and information security continuity procedures.

However, despite Annex A being normative, organizations are not formally required to adopt and comply with Annex A: they can use other structures and approaches to treat their information risks.







Why do the ISO 27001 Controls Start at

It may seem odd that the controls in Annex A start at A5 rather than A1. This is because the controls of Annex A correspond directly to those in another standard from the ISO 27000 Family, ISO 27002.

In ISO 27002 there are some introductory and explanatory sections 1-4, so the controls begin at

During an ISO 27001 Certification audit, you will be audited against the control text within ISO 27001 only. However, there are many benefits to reading the extended guidance on each control within







Minimize disaster

And mitigate risk



Business Continuity Plan - BCP

An organization's resistance to failure is "the ability ... to withstand changes in its environment and still function".^[7] Often called resilience, it is a capability that enables organizations to either endure environmental changes without having to permanently adapt, or the organization is forced to adapt a new way of working that better suits the new



Link: https://en.wikipedia.org/wiki/Supply_chain Link: https://en.wikipedia.org/wiki/Risk management Link: https://en.wikipedia.org/wiki/Business continuity planning



Business Continuity Plan - BCP

Elements of business impact analysis

	Fire in data center	Loss of specialized staff	Vehicle crash in front entrance of office building	Vandalism to primary product assembly line	Loss of staff due to COVID-19 illness
BUSINESS ACTIVITY AFFECTED	All activities in data center	Activities that require specialized staff	All activities at that location unless an alternate access option is available	Loss of primary production line	Loss of possibly key employees needed to run the business
POTENTIAL OPERATIONAL LOSS	Inability to function normally	Reduced ability to function normally	Nominal disrup- tion based on how quickly the vehicle can be removed and the front entrance reopened	Inability to produce the company's primary product	May be nominal to significant depending on who is affected
POTENTIAL FINANCIAL LOSS	\$3,000 to \$4,000 revenue loss per hour	None, assuming backup staff is available	None, assuming alternate entrance is available and access to building facilities is available	\$25,000 to \$40,000 per hour in lost revenue	Could be minimal assuming employees can work remotely
MINIMUM TIME NEEDED TO RECOVER OPERATIONS	Three to four hours	One to two hours	Depending on the damage from the crash, up to one day	Days if a work- around can be built; weeks if an alter- nate production facility must be found and launched	24-48 hours depending on health status and if employees can work remotely
	Ì	HELP	A		and the second
. KIRKAN; ICONS: JUSTINROQUE, A	NTTOHOHO, A PPLEUZR/BETTY IMAGES				62022 TECHTARGET, ALL ROUNTS RESER

Link: https://www.techtarget.com/searchstorage/definition/business-impact-analysis





Business Continuity Plan - BCP

Maximum RTO [edit]

Maximum time constraints for how long an enterprise's key products or services can be unavailable or undeliverable before stakeholders perceive unacceptable consequences have been named as:

- Maximum Tolerable Period of Disruption (MTPoD)
- Maximum Tolerable Downtime (MTD)
- Maximum Tolerable Outage (MTO)
- Maximum Acceptable Outage (MAO)^{[27][28]}

Link: https://en.wikipedia.org/wiki/Supply_chain Link: https://en.wikipedia.org/wiki/Risk management Link: https://en.wikipedia.org/wiki/Business continuity planning



Tiers of preparedness [edit]

SHARE's seven tiers of disaster recovery^[37] released in 1992, were updated in 2012 by IBM as an eight tier model:^[38]

- Tier 0 No off-site data Businesses with a Tier 0 Disaster Recovery solution have no Disaster Recovery Plan. There is no saved information, no documentation, no backup hardware, and no contingency plan. Typical recovery time: *The length of recovery time in this instance is unpredictable*. In fact, it may not be possible to recover at all.
- Tier 1 Data backup with no Hot Site Businesses that use Tier 1 Disaster Recovery solutions back up their data at an off-site facility. Depending on how often backups are made, they are prepared to accept several days to weeks of data loss, but their backups are secure off-site. However, this Tier lacks the systems on which to restore data. Pickup Truck Access Method (PTAM).
- Tier 2 Data backup with Hot Site Tier 2 Disaster Recovery solutions make regular backups on tape. This is combined with an off-site facility and infrastructure (known as a hot site) in which to restore systems from those tapes in the event of a disaster. This tier solution will still result in the need to recreate several hours to days worth of data, but *it is less unpredictable in recovery time*. Examples include: PTAM with Hot Site available, IBM Tivoli Storage Manager.
- Tier 3 Electronic vaulting Tier 3 solutions utilize components of Tier 2. Additionally, some mission-critical data is electronically vaulted. This electronically vaulted data is typically more current than that which is shipped via PTAM. As a result there is *less data recreation or loss after a disaster occurs*.
- Tier 4 Point-in-time copies Tier 4 solutions are used by businesses that require both greater data currency and faster recovery than users of lower tiers. Rather than relying largely on shipping tape, as is common in the lower tiers, Tier 4 solutions begin to incorporate more disk-based solutions. Several hours of data loss is still possible, but it is easier to make such point-in-time (PIT) copies with greater frequency than data that can be replicated through tape-based solutions.
- Tier 5 Transaction integrity Tier 5 solutions are used by businesses with a requirement for consistency of data between production and recovery data centers. There is *little to no data loss* in such solutions; however, the presence of this functionality is entirely dependent on the application in use.
- Tier 6 Zero or little data loss Tier 6 Disaster Recovery solutions maintain the highest levels of data currency. They are used by businesses with little or no tolerance for data loss and who need to restore data to applications rapidly. These solutions have no dependence on the applications to provide data consistency.
- Tier 7 Highly automated, business-integrated solution Tier 7 solutions include all the major components being used for a Tier 6 solution with the additional integration of automation. This allows a Tier 7 solution to ensure consistency of data above that of which is granted by Tier 6 solutions. Additionally, recovery of the applications is automated, allowing for restoration of systems and applications much faster and more reliably than would be possible through manual Disaster Recovery procedures.







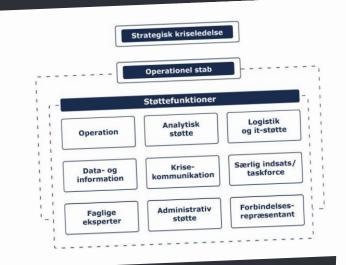
Disaster

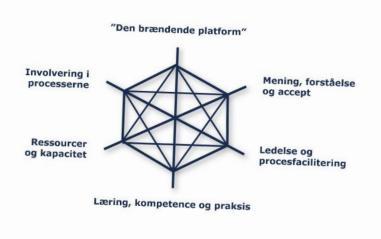
When everything else fails - what then! Part 1 - overall management



Overview







Link: https://www.brs.dk/da/redningsberedskab-myndighed/krisestyring2-og-beredskabsplanlagning/



Overview

Forberedelse Overblik

Model A

Den basale

- Tids- og aktivitetsplan

Planlægning

- Alle ni opgaveområder, men særlig fokus:
- Struktur og organisering
- . Ledelse
- · Faciliteter, systemer og udstyr
- Forebyggelse

Formidling og forankring

- Introduktion ved et
- fællesmøde Afholdelse af en mindre • øvelse

Model C Den mere detaljerede Den fuldt udbyggede

Forberedelse

- Overblik
- Tids- og aktivitetsplan
- Gennemgå vejledningen Rådgivning og vejledning
- · Vurdering af eget be-
- redskab
- Bidrag fra strategisk ledelse
- Egne og andres erfaringer
- Kommissorium

Planlægning

Systematisk og grundig vurdering, analyse og afklaring af alle ni opgaveområder:

- Planlægningsgrundlag
- Struktur og organisering Ledelse, herunder strategisk forankring af
- beredskabsplanen
- Faciliteter, systemer og udstyr
- Forebyggelse
- Uddannelse og træning
- Øvelser
- Evaluering
- Implementering af læring

Formidling og forankring

- Introduktion ved fællesmøder
- Uddannelse af kriseledelse (strategisk), krisestab og støttefunktioner m.fl.
- Øvelser for kriseledelse, . krisestab og støttefunktioner

Figur 2: Beredskabsplanlægning - tre modeller for processen

Link: https://www.brs.dk/da/redningsberedskab-myndighed/krisestyring2-og-beredskabsplanlagning/



- Planlægning Alle ni opgaveområder, men særlig fokus: Planlægningsgrundlag
 - Struktur og organisering
 - Ledelse

Model B

Forberedelse

Tids- og aktivitetsplan

Vurdering af eget

Bidrag fra strategisk

beredskab

ledelse

Gennemgå vejledningen

Rådgivning og vejledning

Overblik

- Faciliteter, systemer og udstyr
- Forebyggelse
- Uddannelse og træning

Formidling og forankring

- Introduktion ved et fællesmøde
- Uddannelse af stab og støttefunktioner
- Øvelser for stab og støttefunktioner





Beredskabsstyrelsen anbefaler, at organisationen:

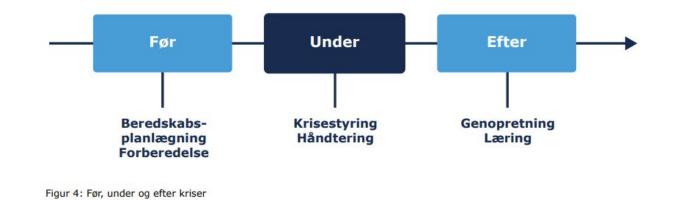
- planlægger for både hverdagshændelser og for de sjældnere og mere omfattende, komplekse og langvarige hændelser
- ser tilbage, forholder sig til nuet, og tænker på kort, mellemlangt og langt sigt
- anvender de metoder, der passer til organisationens behov og foretrukne arbejdsformer
- gør brug af både kvantitative og kvalitative data
- henter inspiration i rapporter
- inddrager ekspertvurderinger
- nyttiggør erfaringer og læring fra tidligere hændelser og/eller øvelser
- opstiller risikoscenarier med fiktive hændelsesforløb.

Link: https://www.brs.dk/da/redningsberedskab-myndighed/krisestyring2-og-beredskabsplanlagning/





Overview



Link: https://www.brs.dk/da/redningsberedskab-myndighed/krisestyring2-og-beredskabsplanlagning/







Disaster

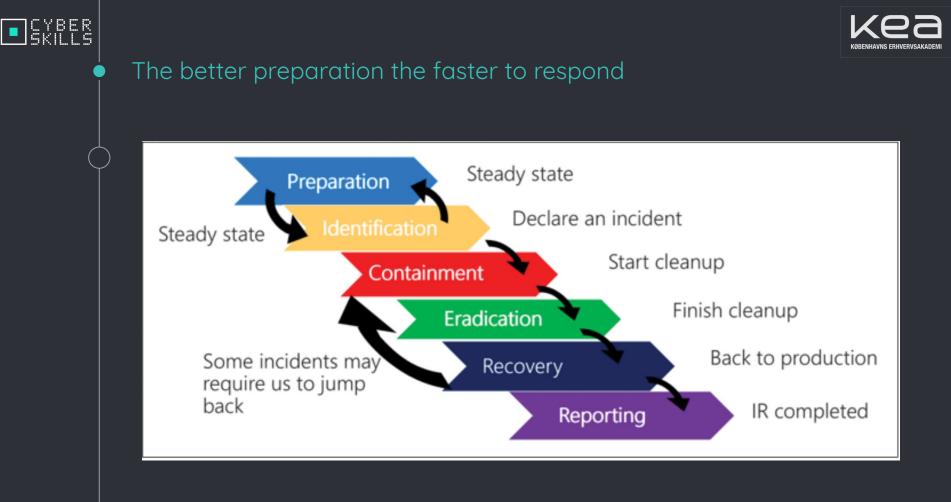
When everything else fails - what then! Part 2 - Incident Response





Prepare







Examples of escalation/collection

Escalation chart - severity escalation

Escalation	Chart with	Examples	(This	table is	not inexhaustible))

severity	event	action	Capacity	Report to authorities	Preparation		
level 1 (Low)	 potentially unwanted programs (PUP) warning banners clean alerts from antimalware solution Adware 	Delete the files Remove the software / service	Normal operations Register the event	no	 Normal service an follow up of Antimalware services. 		
level 2 (mid)	 Phishing malware detected and deleted Macro viruses 	Delete the files Remove the software / service Maybe look for online information.	As level 1 Escalate if more occurrences are detected	As information only. Report, don't expect any investigation	 Normal service an follow up of Antimalware services. validated and tested, response plan 		
level 3 (High severity and low spread)	Copyright infringement malware partially detected Passwords leaks with e-mail Spear phishing and data not delivered Attempts to escalate privileges Attempts of lateral movement Usage of CVE 7+ vulnerabilities	 Escalate the Incident Response plan accordingly Analyze the event to see what is the intention. Set up monitoring for the events Prepare for further events and inform management Monitor closely for activity 	As level 2 Collection of data with integrity and timestamps (maybe Forensic less sound) Carefully describe your process of evidence collection.	 Yes, share data and the identification findings. Get case/report ID. Get contact at the police and get JNR number (IT-engineer at NSK/NC3) 	The above, including below Have updated and tested Incident Response plan Forensic capability and les forensic ways of data collection		
level 4 (Critical, high impact - high spread - business critical)	Zero days APT Malware not detected and activated Spear phishing and data delivered Services have been breached Accounts have been escalated Usage of CVE 7+ vulnerabilities	Escalate the Incident Response plan accordingly Create a communication plan if needed. (specially of company deliveries to the community) Analyze the events for the intention. Prepare 3'rd party	As level 4 Designate responsibility to file responsable. Report to authorities (Get contact to appropriate level (NSK/NC3)) Physical collect data from media if possible	Yes, share data and the identification findings. Get case/report ID Get contact at the police and get JNR number ((T-engineer at NSK/IXC3) Prepare court case (if needed and	Major incident plat Secondary communications channels		





Examples of escalation/collection

A1	• fx Escalation Chart														
	A	В	С	D	E	F	G	н	1	J	К	L	М	N	0
1	Escalation Chart														
2	Event	Action	Capacity	Preparation capability	Man lab	auto lab	Not WB	WB Rer	note analysis	Isolation	Integrity calc	Report to authorities	Inform authorities	Sample Isolation	Severity
3	potentially unwanted programs (PUP)	remove program	monitor for recurrence	Corporate image				x			x				1
4	warning banners	remove program	monitor for recurrence	Corporate image				×			x				3
5	clean alerts from antimalware solution	remove program	monitor for recurrence	Corporate image				x			x				3
6	Adware	remove program	monitor for recurrence	Corporate image				×			x				4
7	Phishing	Rely on Spamfiltering	monitor for recurrence	Corporate image				x			x				5
8	Spear Phishing	analyse threat	analyze with detached system	Lab			x	x			x	x	x	×	8
9	malware detected and deleted	re-install system	monitor for recurrence	Corporate image		x		x		x	x				2
10	malware partially detected	re-stablish system from backup	monitor for recurrence	Corporate image		x		x		x	x				7
11	malwarebehaviour and not detected	re-install system	monitor for recurrence	Corporate image	x	x		×		×	x			x	10
12	Macro viruses	re-install system	monitor for recurrence	Corporate image				×			x			x	8
13	Copyright infringement	Withhold HW ans secure user traces	physical secure evidence	Writeblocker	x		x	x			x			x	10
14	Passwords leaks with e-mail	Change passwords and enable MFA	monitor for recurrence	Awareness plan			x	×			x				5
15	Spear phishing and data not delivered	Change passwords and enable MFA	monitor for recurrence	Awareness plan			x	×			x				4
16	Attempts to escalate privileges	Determine MO and escalate to IR	DFIR plan	Forensic analysis	x		x	х			x	x	x	x	9
17	Attempts of lateral movement	Determine MO and escalate to IR	DFIR plan	Forensic analysis	x		x	×			x	x	x	x	10
18	Usage of CVE 7+ vulnerabilities	re-stablish system from backup	inform senior management of risk	Corporate image + patch			x	x			x			x	9
19	CVE 7+ vulnerabilities identified	Create Risk analysis	governance plan	Forensic analysis and monitor	x		x	×			x				6
20	Rootkits detected on system	Determine MO and escalate to IR	datacollect and re-install	Forensic analysis and monitor	x		x	×			x	×	×	×	9
21	Remote Access Trojan (RAT)	Determine MO and escalate to IR	DFIR plan	Forensic analysis and monitor	x		x	×			x	x	x	×	10
22	Zero days (internal systems/network)	Create Risk analysis	governance plan	vulnerability scanner			x	х			x				5
23	Zero days (Facing Internet)	Determine MO and escalate to IR	DFIR plan	Forensic analysis and monitor	x		x	x			x				10
24	APT	Determine MO and calculate risk	restore from backup	Forensic analysis and monitor	x		x	x			x	×	×	x	10
25	unpached systems	Roll into patch mangement	governance plan	Monitor activity			x	x			x				5
26	Malware not detected and activated	Determine action and severity	DFIR plan	Forensic analysis and monitor			x	×			x			×	10
27	Spear phishing and data delivered detected	Determine MO and calculate risk	inform senior management of risk	Monitor activity	x	x	x	x x		x	x	×	×	×	10
28	Services have been breached	Analyze logs and periphials - restore	DFIR plan	Corporate image			x	x		x	x			x	10
29	Accounts have been escalated	Determine MO and escalate to IR	DFIR plan	Forensic analysis and monitor			x	x		x	x	×	x	x	8
30	Targeted attacks (unsuccessful)	Determine MO and calculate risk	inform senior management of risk	Forensic analysis and monitor	x	x	x	x			x			x	7
31	Targeted attacks (successful)	Determine MO and escalate to IR	DFIR plan	Forensic analysis	x	x	x	x		x	x	×	×	x	10
32	Insider threats or paid actors	Determine MO and escalate to IR	DFIR plan	Forensic analysis	x		x	× ×			x	×	×	×	10
33	EOL software (Internal)	Create Risk analysis	governance plan	vulnerability scanner			x	x			x				5
34	EOL software (external)	Determine MO and calculate risk	inform senior management of risk	vulnerability scanner			x	×			x				8
35	EOL hardware	Create Risk analysis	governance plan	vulnerability scanner			x	x			x				4
36	Legacy systems	Create Risk analysis	governance plan	vulnerability scanner			x	x			x				5
37	User violated AUP	Determine MO and escalate accordingly	warn and inform (monitor)	Plan from HR	x	x	x	× ×		x	x	×	×	×	7
38	User violated AUP intentional	Determine MO and escalate accordingly	datacollect	Plan from HR	x	x	x	× ×		x	x	×	×	x	10





Data Collection as a bundle

Traditional forensics collection

- writeblock capability
- forensic sound collected data from hardware
- insider threats / malicious actors
- copyright infringements
- Chain of custody
- Witness colleagues (leader, HR etc.)

logs

- pictures (screenshots, mobile cell pictures)
- print to PDF
- save websites
- ("Save as" or "WGET"
- Memory dump
- documents
- pictures (photos)
- collected remote (using remote agent
- antimalware data
- OSINT links
- artefacts etc.

Pre-investigation

- Remote collection via agent
- Live collection of dynamic data (websites, drives, etc.)
- surrounding sources
- Indicators of compromise IOC
- External sources (Virustotal, Joe sandbox, ect.)

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- Data from more sources that point in the same direction (Triangulation)
- Data must prove the point (authenticity)
- Data that comes out of your observations (artefacts from systems, malware analysis ... Your observables!)
- Data that show what happened and prove the point (A Well description of what happened and where its recorded)
- Data have to be admissible (Collected using legal methods)

Inspiration: <u>https://nvlpubs.nist.gov/nistpubs/ir/2022/NIST.IR.8387.pdf</u> And : https://www.nist.gov/forensic-science/interdisciplinary-topics/evidence-management





- Use good HASH like SHA256 to avoid hash collision
- Timestamps from the "snapshot"
- Describe the prerequisites of the collection
- Containerize the data, and turn on writeblock
- Make it easy to understand the data and describe it



Preserve the integrity

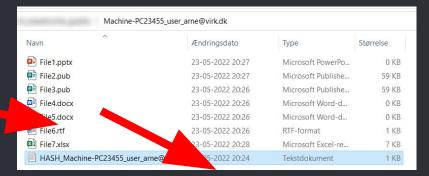
Case-24052022-Incident_unwelcome_guests

Machine-PC23455_user_arne@virk.dk

Machine-PC27255_user_lise@virk.dk

Machine-PC45455_user_vibs@virk.dk

Server-SV-App234-DK-webserver



 121CF9D2076962FD7D84A67129421915E626E59FB9D2EC8F89E35C7441553E6A
 App\Ap

 573CED9FB3B5DBD183EF144532F3D36CB7D7EF444DC563B7243298DB2359E2DB
 App\Ap

 F17B6E607BFB06E03551AEECE1BC928C0A9E80A42AD12CBE84FC5220145F6225
 App\Ap

 C2048C3343F7837E43887D7AADE05411C165E796DFB82B0CF42438D50810FAE2
 App\Ap

 AE0EEF67EDF75DD9C15E0C2B563C8628AD42DED2BA0495F9A68E55E439AAD42
 App\Ap

 2C101D62FFE213264CD69DA2118BC1735F2002BAD19C701937E046785BA71570
 App\Ap

 1EBED2D9CD92376A0A27EEBC8C6C54C371DDDDB9F92E7FFFAE878EFCDC886059
 App\Ap

App\AppInfo\File1 App\AppInfo\File2 App\AppInfo\File3 App\AppInfo\File4 App\AppInfo\File5 App\AppInfo\File6 App\AppInfo\File7

Machine-PC23455_user_arne@virk.dk

Machine-PC27255_user_lise@virk.dk

Machine-PC45455_user_vibs@virk.dk

Server-SV-App234-DK-webserver

Machine-PC23455_user_arne@virk.dk_2361561673F42360C0431033D379D57C800E64FBB83465D042F764003C165356.zip





The better preparation the faster to respond

Collect the tools in a jump bag

- Preserve the evidence
 Writeblock (HW/SW)
- Prepare your software
- Physical tools
- IT-security plans (printed)







Have a forensic room

- Analyze the evidence
- Extra USB-drives and hard drives
- Dedicated hardware
- Monitor activity (who gets in and out)
- Physical preserve evidence
- Trusted personnel only





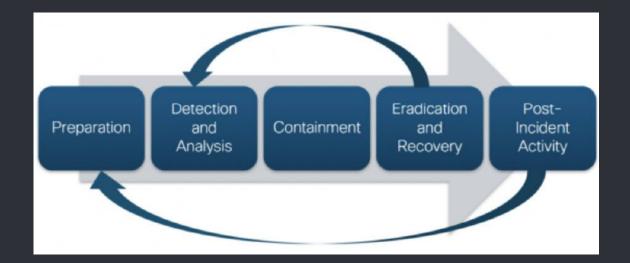
Have a clear plan

- Who is on call
- Who have the mandate to make decisions
- Who is responsible for communication
- Who are the tech people investigating
- Have this highlighted next to the war room (War Room is a place where the Incident team is placed)





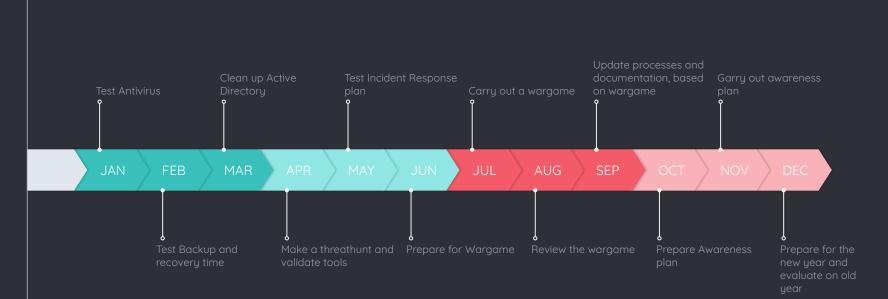
Preparation is key







Timeline







Plan ahead

Service Wheel is an ongoing task

It's easier to prepare the tasks throughout the year

You get visibility to what needs to be carried out







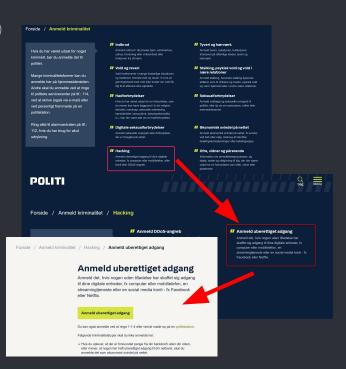
Report or not

Do the business report or not If so, to who?





The Authorities - Ask before you report



POLITI Forside / Service og tilladelser / Bestil en betjent / Bestil en it-ekspert til din virksomhed Bestil en it-ekspert til din virksomhed Du kan anmode politiet om at holde et oplæg for din brancheforening. erhvervsnetværk e.l. om it-sikkerhed for små og mellemstore virksomheder. Oplægget er et tilbud fra NC3 Erhverv, der er et landsdækkende virksomhedsrettet forebyggelseskoncept under Rigspolitiets Nationale Cyber Crime Center. Dette element kan ikke vises, da du ikke har accepteret de påkrævede cookies. Ret dit samtykke nedenfor for at se det. Ret dit samtykke Lass mere om cookies. OM NC3ERHVERV + Hvad er NC3Erhverv? + Hvem er NC3Erhverv?

Link = https://politi.dk/anmeld-kriminalitet





Why the authorities?

- Give the authorities the power to investigate and prosecute as they are supposed to do. Else cybercrime will continue!
- We need to keep politicians accountable and informed! To make decisions going forward!

This will increase the **chance of an investigation and prosecution**



Why collect data?

Kære,

De har 2021 anmeldt afpresning via ransomware til politiet. I den forbindelse har vi brug for de nedenfor oplistede oplysninger for at kunne behandle Deres sag:

- Baggrundsbillede eller tekstfil, som gerningsmanden har lagt på computeren, hvor der angives kontaktoplysninger. Helst original format.
- 3 krypterede filer på max ca. 5 mb. Gerne .zip eller .7Z fil.
- Kopi af filer, programmer eller andet der ved gennemgang af serveren findes efterladt af gerningsmændene. Fx krypteringssoftwaren. Gerne som .zip eller .7Z fil.
- Hvis det konstateres at adgangen til forurettedes computer var gennem RDP (Remote Desktop Port), så hvis muligt en kopi af hele loggen for den kompromitterede RDP port.
- Kopi af spor som gerningsmændene har efterladt i deres forsøg på at fremme deres brugerstatus.

Hvis der eventuelt skulle være andet på computerne/serverne, som I vurderer kunne have interesse for sagen, så et kopi af dette.

- Dokumentation for køb af Bitcoins i form af udvidet betalings- / overførselskvittering.
- Dokumentation for overførsel af de oplyste BTC sammen med dokumentation for afsender og modtageradresser.
- Redegørelse for hvorvidt forurettede eller dennes repræsentant har rettet henvendelse til kryptobørser eller lignende med henblik på indsigelse. I bekræftende fald dokumentation herfor.
- Mailkorrespondance med gerningsmanden (vedhæftet mails fra gerningsmanden fra første mailmodtager, så mailheaderen kan udlæses).
- · Dekrypteringsfiler typisk decrypt.exe, som blev benyttet til at låse filerne op.

Det hele må gerne samles i en .zip eller .7Z fil.

Det er politiets anbefaling, at der ikke betales løsesum.

 Der er mulighed for at finde dekrypteringsværktøjer på <u>NoMoreRansom.org</u>, der måske kan dekryptere jeres filer. Alternativt kan harddisken gemmes, da siden opdateres løbende.

Dokumenterne bedes i én sammenfattende e-mail sendt hurtigst muligt og senest inden 14 dage til adressen: KBH-LCIK-sets3@politi.dk_-I emnefeltet bedes De skrive journalnummeret; 01 LC-.

Når politiet modtager dokumenterne, vil de blive vedlagt Deres sag. Såfremt De har spørgsmål, bedes De rette henvendelse på e-mail: KBH-LCIK/appoliti_dk

Såfremt politiet ikke modtager oplysningerne, kan det betyde, at politiet ikke har mulighed for at efterforske sagen.

Såfremt politiet ikke modtager oplysningerne, kan det betyde, at politiet ikke har mulighed for at efterforske sagen.

Side 1







What now?

Your path





What do you like?

- Pentest breaking stuff
- GDPR DPO and privacy
- Management ISO, NIST, CIS
- Incident Response Protection and mitigation
- Education Training others in awareness
- Development program the future



How do i find out ?

- Get into the network
- Get out and look for arrangements like cyberskills
- Test out what the different areas include
- Buy a book or two to read about the topic.





The technical path?

- What is the requirements out here?
- What do the business need?
- Make sure there are jobs you can apply





Try what you like

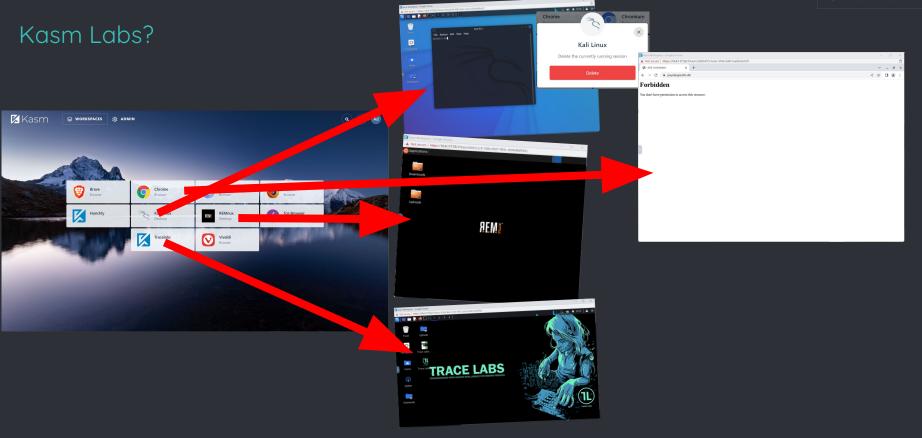
Start online

- Tryhackme.com
- Hackthebox.com
- blueteamlabs.online













What can i use ?



TP-Link TL-WR802N 300Mbps Wireless N Nano Router - Trådløs router N Standard - 802.11n Trådes router, 802.1tbgm, 2.4 GHz

194,00 kr. 155,20 kr. ekski. moms

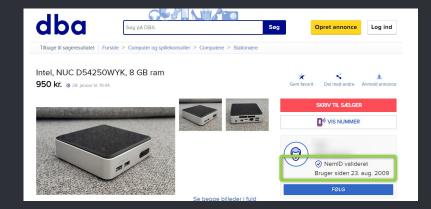




TP-Link TL-SG105 5-Port 10/100/1000Mbps Desktop Switch Switch, ikke administerert, 5 x 10/100/1000, desktop

$\diamond \diamond \diamond \diamond \diamond \diamond$

Normalpris 126,00 kr. 119,00 kr. 95.20 kr. ekski, moms







Create a lab ?

Physical hardware (Old tech that is not used) Virtual machines Proxmox hypervisor

- kali linux
- linux
- windows
- Kasm (streaming apps to browser)





antitution Create VM 🕞 Create CT 👗 root@p

Node "pveserv"				Hour (average)
Hode "posses" Constant Section Constant Section	•	5.80% of 4 CPU(6) 9.320.280.24 54.07% (8.39 GB) of 15.51 GB) 3.05% (2.87 GB of 93.50 GB)	t - Intel	Korr (1947397)
LVM LVM-Thin V	\$ ⁴			
				Status





The Strategic path?

- What is the requirements out here?
- Frameworks for your business, there are so many others
- Learn the management decision making
- Know how the communication works





Look at the frameworks ?

- NIST Cybersecurity Framework (fx NIST SP 800-53)
- ISO 27001 and ISO 27002 and (CIS controls and the guides they provide)
- SOC2
- PCI-DSS
- HIPAA
- GDPR (ISO 27701)
- FISMA

• COBIT (ISACA)

- CMMC (Cybersecurity Maturity Model Certification)
- European Union Agency for Cybersecurity (ENISA) National Capabilities Assessment Framework
- MITRE ATT&CK
- National Cyber Security Centre (NCSC) Cyber Assessment Framework (CAF)







One Last Thing Often not said - Taboo







Imposter Syndrome

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Why i brought this up

- I have met with a lot of students that have had this feeling
- I have the same feeling from time to time
- Its normal to experience this up to the exam

Disclaimer

Im not an expert, i sought the guide from out big friend the Internet and chat GPT.



What is that ?

- Imposter syndrome is a psychological phenomenon in which an individual doubts their own abilities, feels like a fraud, and fears being exposed as such despite evidence of their competence and accomplishments.
- People with imposter syndrome often believe that they are not deserving of their success or that they have somehow tricked others into thinking that they are competent.
- This feeling of inadequacy can be especially prevalent in high-achieving individuals, such as academics, professionals, and artists. It can lead to anxiety, stress, and self-doubt, and may negatively impact one's personal and professional life.
- It is important to recognize and address imposter syndrome so that one can gain the confidence and self-esteem needed to succeed and thrive.





Copied from article

"I forhold til den præstationskultur, som hersker i dag, så er der forskning, der tyder på, at præstationskultur fremmer aktivitet i den del af hjernen som knytter sig til at præstere og rangordne i et hierarki mellem os", siger Lise August



Overcoming imposter syndrome can be a challenging process, but there are several strategies that may be helpful:

- Acknowledge your feelings: **Recognize that feeling like an imposter is a common** experience, and that you are not alone in feeling this way.
- Identify your strengths: Make a list of your accomplishments and skills. Recognize your own abilities and acknowledge your achievements.
- Set realistic expectations: Be realistic about your abilities and set achievable goals. Remember that it is okay to make mistakes and that failure is a normal part of the learning process.
- Learn from others: Seek out mentorship or guidance from others who have experienced imposter syndrome. Learn from their experiences and strategies for overcoming self-doubt.
- Practice self-care: Take care of yourself physically, emotionally, and mentally. Engage in activities that make you feel good about yourself and that help you manage stress.



My Interpretation

A few thoughts

- You have all the possibilities at your feet
- You are as equal as everyone else
- Expectation align with you delivery
- Trust you self, you are more capable than you think
- Do you best





Company expectation?

A company should be willingly to this

- Support your growth
- Support you needs
- Have good colleagues that support / coach you

Requirements of you

- Want to learn
- Curious
- Fail and accept the learning
- Be part of the assignments, no matter if you have the skills or not





How to fix it?









Round up

Summarize







- Know the framework in your company
- Get into the process and understand the key areas
- Build you own space here and argument your choices
- Know how to "sell" your arguments.
- Believe in your self





The most important!!!

Help each other be better in the IT-security world If you see anything out of the ordinary

ACT ON IT!



Thanks! ANY QUESTIONS?

CYBER

Slideshow https://defencia.dk/