



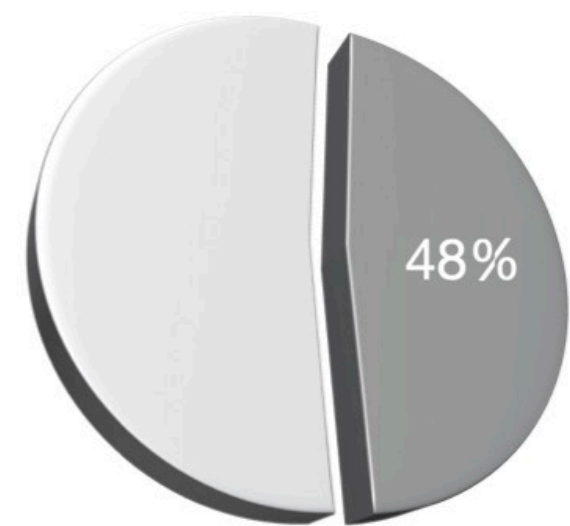
[CYBERMINDZ.ORG](https://CYBERMINDZ.ORG)

# Who are we?

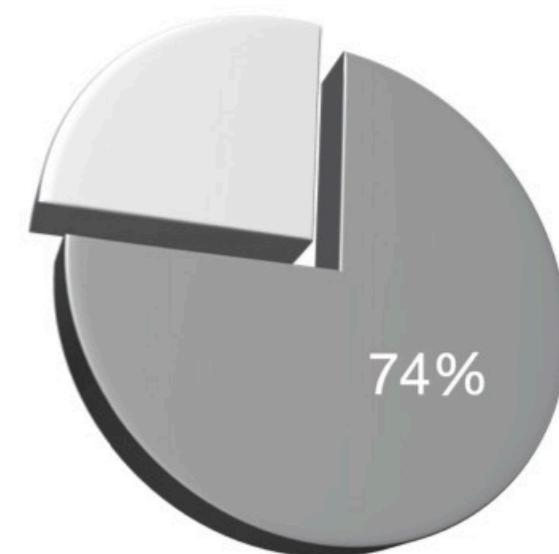
A not-for-profit social enterprise dedicated to providing effective, scalable mental health support to embattled cyber teams and beyond

# The problem we're solving

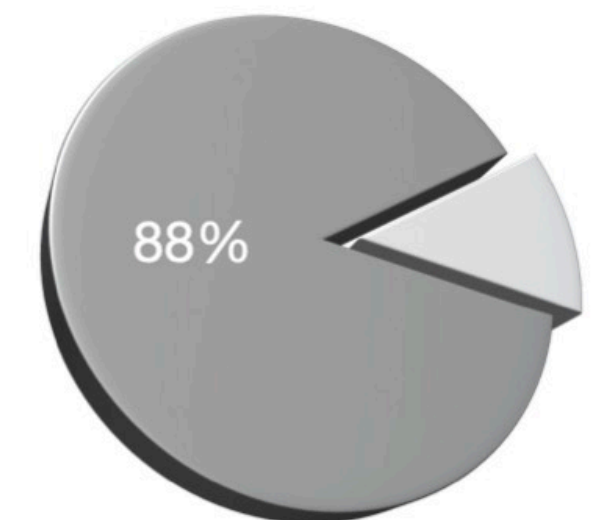
Cyber teams are burning out. This impacts skills retention, organizational and national security.



**48% of CISOs said the levels of stress they are under has impacted their mental health**



**74% believe their security team to be moderately or tremendously stressed.**



**88% of CISOs self disclose as under moderate or high stress**

Source: Nominet, 2020 \*pre pandemic study

# Cyber Teams Report

Inability to switch off

Feelings of overwhelm

Relentless cyber  
threat environment

Fear of consequences  
of failure

Fear of letting others down

Feeling a lack of support

Sense of Isolation

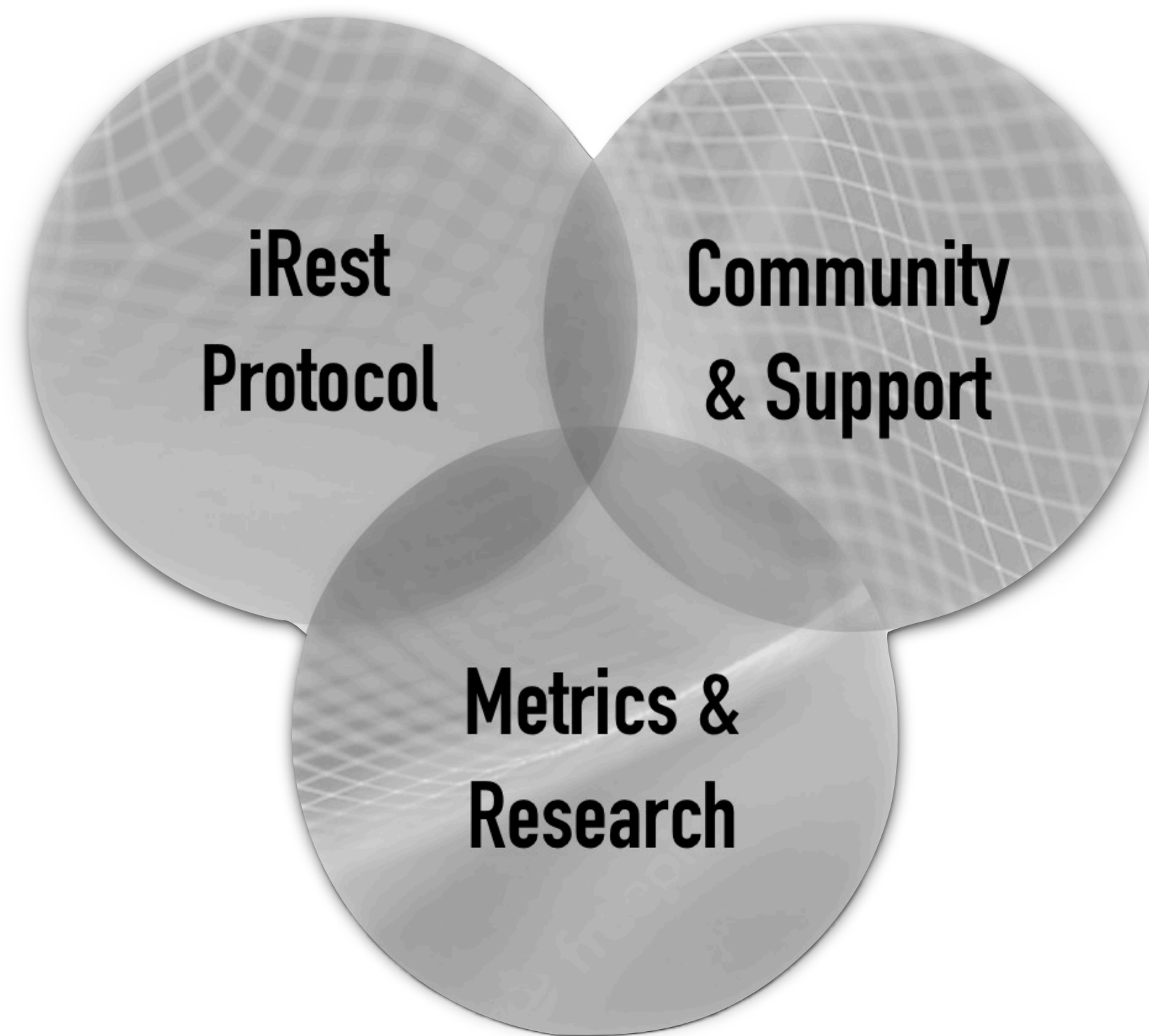
Lack of power and  
influence



**High levels of stress and burnout, skill loss,  
organisational and societal risk**



# Our capability



We deliver a proven protocol in-person or remotely that's been used since 2004 in the US military.

We support this with a peer community that sustains progress.

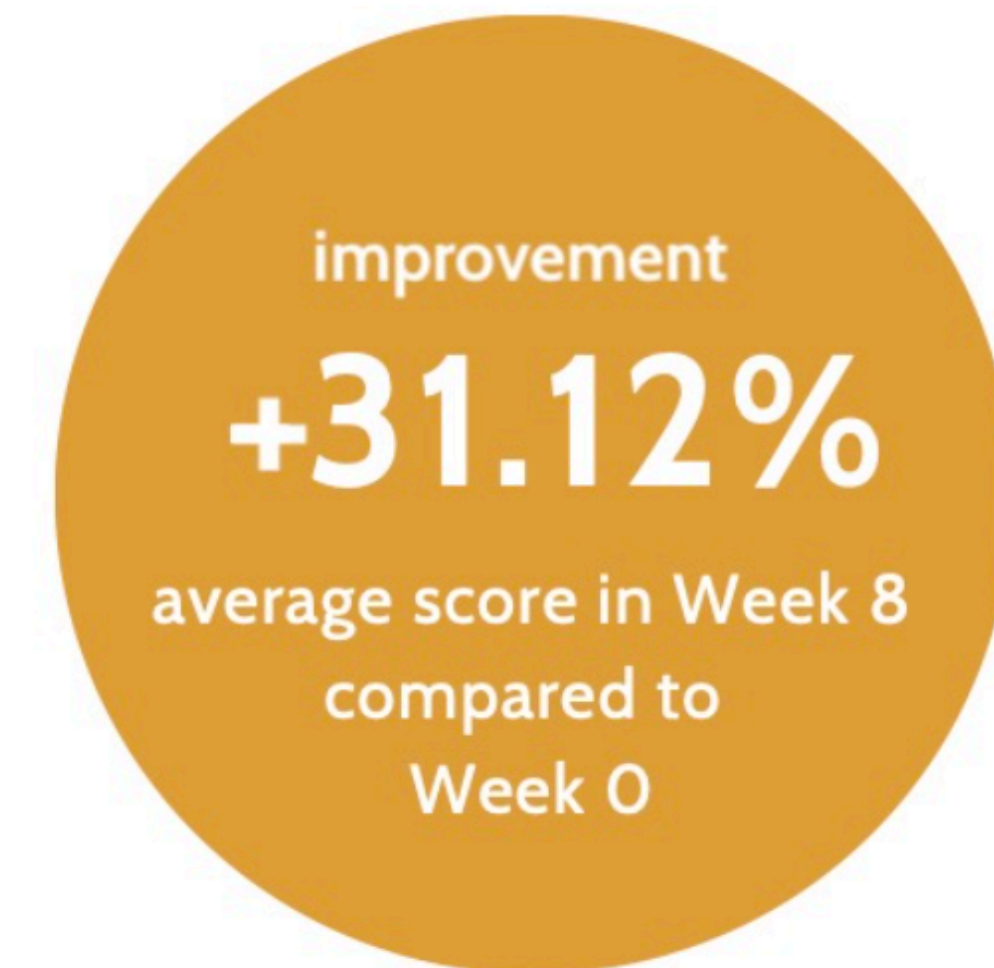
We have a research engine so we accurately measure and report on our results to show clients this works.

Findings from our first 10 pilot programs

In the last month, how often have you felt that  
you were unable to control the important things  
in your life?



In the last month, how often have you felt that  
you were not on top of things?

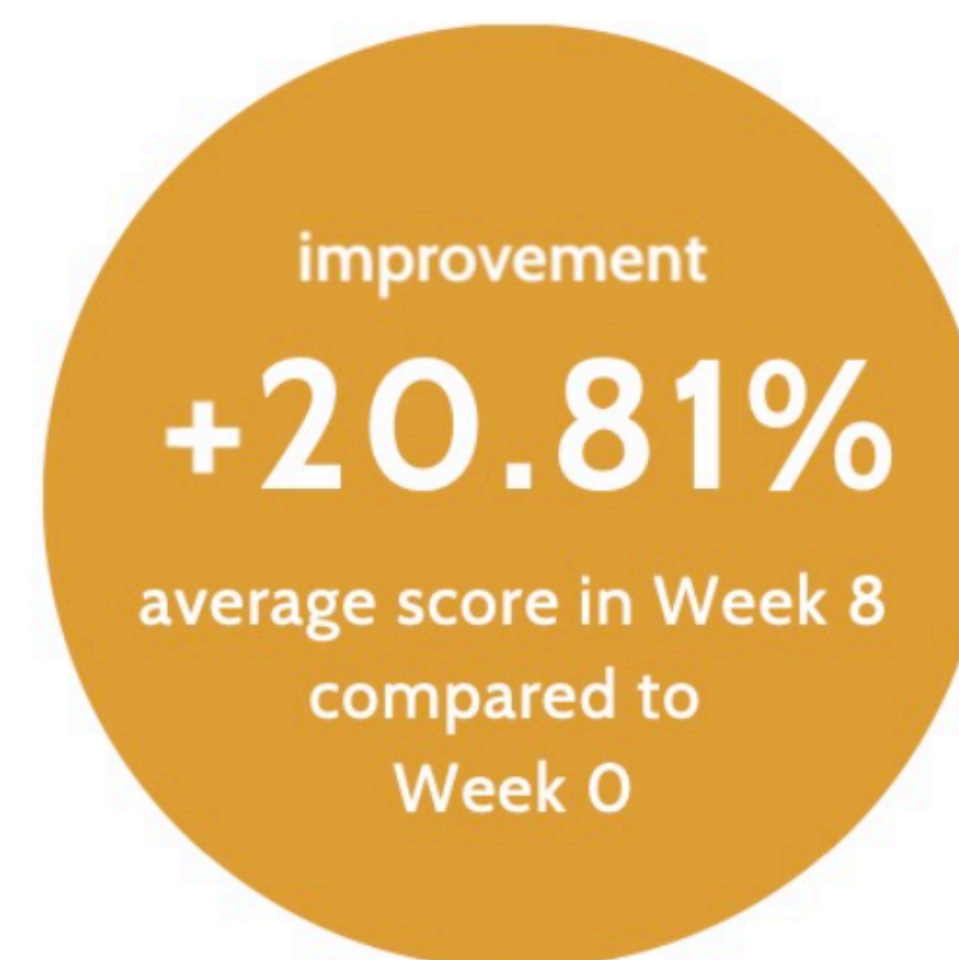




In the last month, how often have you lacked confidence in your ability to handle your personal problems?



In the last month, how often have you been upset because of something that happened unexpectedly?



In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?



# Overall outcomes reported by cyber teams

**Increased self-regulation**

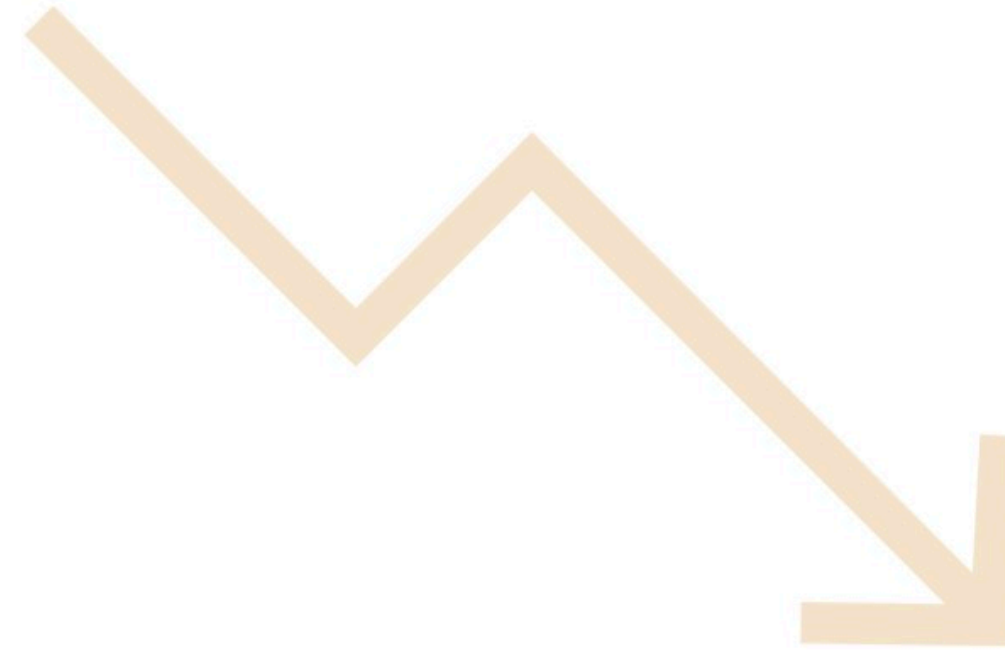
**Improved concentration at work**

**A positive approach to busy periods**

**Heightened awareness and mindfulness of emotions and stress**

**Better sleep quality and feeling less tired**





## Overall Stress Levels

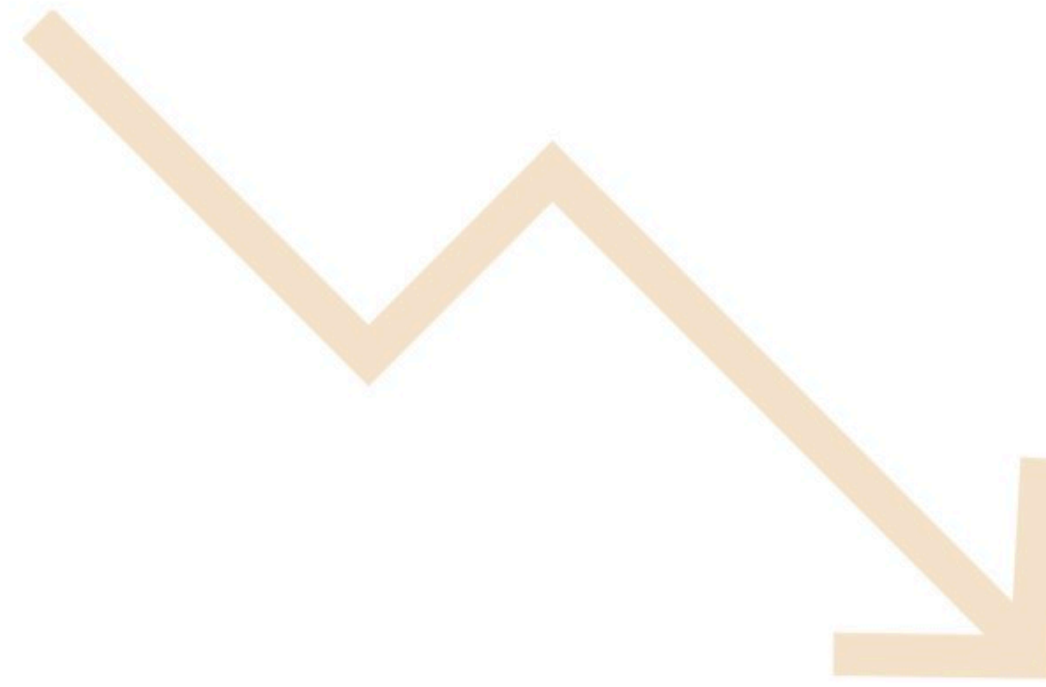
The pilot programs appear to have a positive impact on participants' stress levels. The data suggests that participants experienced improved confidence and a greater sense of control over their lives as a result of the programs.





## Coping with Challenges

The pilot programs seem to have enhanced participants' ability to cope with various challenges. Questions such as "Unable to cope with all tasks" and "Difficulties piling up and overwhelming" show a notable decrease in scores over time.



## Emotional Responses

Overall, participants experienced a more positive emotional state after completing the pilot programs. Responses to "Anger due to things outside of control," showed a decrease in scores.



## Personal Empowerment

The pilot programs positively impacted participants' sense of personal empowerment, with related questions demonstrating consistent increases in scores. This indicates that participants gained confidence in managing their personal challenges and exhibited improved control over irritations in their lives.

# Cybermindz diagnostic report: A pathway to resilience

Evaluation > Recommendations > Assessment > Certification





Request More Information  
or Book a Call





Demo of iRest protocol  
with Chris Wilson, Cybermindz executive trainer

**(first two steps of the ten step sequence)**