



Cyberhygiene Intensive Training

A 1-day hands-on workshop to secure your personal digital life

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Training Overview

This hands-on 1-day intensive workshop focuses on practical cyberhygiene measures that participants implement directly on their own devices during the training. Unlike theoretical security courses, this workshop transforms knowledge into immediate action, with each participant securing their digital life in real-time with expert guidance. By the end of the day, you'll leave with properly configured security tools, strengthened accounts, and practical habits that significantly reduce your personal cyber risk.

Next Session

- Date: September 12, 2026
- Times: 9:00 AM - 5:00 PM
- Format: Available in-person or live virtual
- Prerequisites: Participants must bring their personal devices (laptop, smartphone)
- Price: \$495 per participant (includes digital materials, lunch for in-person attendees, and 60-day support)

Training Curriculum

Morning Session: Foundational Security Implementation

Personal Device Security (9:00 - 10:30) - Understanding personal threat models - Operating system security updates and settings - Device encryption implementation (hands-on setup) - Securing home network configurations - Hands-on exercise: Configuring automatic updates and security settings on your devices



Password Security & Authentication (10:45 - 12:30) - Password manager selection and implementation - Creating and storing strong, unique passwords - Setting up multi-factor authentication on critical accounts - Security key and authenticator app configuration - Hands-on exercise: Setting up a password manager and securing top 5 critical accounts

Afternoon Session: Advanced Protection & Privacy

Secure Digital Communications (1:30 - 3:00) - Email security best practices and implementation - Secure messaging platforms configuration - Browser privacy settings and security extensions - Safe cloud storage practices - Hands-on exercise: Configuring browser security extensions and encrypted messaging

Data Protection & Recovery (3:15 - 5:00) - Personal backup strategy implementation - Mobile device security configuration - Social media privacy settings audit - Personal security maintenance plan development - Hands-on exercise: Setting up automated backups and recovery options

Learning Outcomes

By completing this training, participants will be able to:

- Implement device encryption on their personal computers and mobile devices
- Configure and use a password manager effectively
- Set up multi-factor authentication on critical accounts
- Optimize browser security and privacy settings
- Establish secure communication channels
- Create and implement a personal backup strategy
- Develop sustainable security habits for ongoing protection
- Recognize and avoid common security threats

Training Methods

Who Should Attend

This training is ideal for:

- Individuals concerned about their personal digital security
- Professionals who handle sensitive personal or work information
- Remote workers using personal devices for work
- Anyone who wants hands-on guidance implementing security measures
- People who have attempted to improve their security but aren't sure if they've done it correctly
- Those who want to protect their digital identity and personal data

No technical background is required - the workshop is designed to be accessible to everyone while providing value even to technically proficient participants.

Materials and Resources

Participants will receive:

- Digital cyberhygiene implementation guide
- Personal security tools comparison matrix
- Security configuration checklists for different devices
- Recommended security tools list with installation links



- Threat modeling template for personal use
- Incident response guide for personal security breaches
- 60 days of email support for troubleshooting
- Certificate of completion

Instructor

This training is delivered by the CHENIST Team – experienced practitioners who combine deep technical expertise with practical, real-world teaching. Our trainers work on live engagements and bring current industry knowledge directly into the classroom.

Testimonials

Related Offerings

If you're interested in this training, you might also consider:

- Cybersecurity Essentials Training - Our 2-day technical security overview for IT staff
- Security Awareness for Teams Training - A 1-day focused workshop for general staff
- Cyberhygiene Essentials Course - Our comprehensive 8-week personal security program

Download

Contact

Interested in this training?

- Email: office@chen.ist
- Web: [Book a free consultation](#)