



Cybersecurity Essentials Training

A 2-day intensive workshop on critical security practices

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Training Overview

This intensive 2-day workshop provides a practical introduction to essential cybersecurity concepts, tools, and techniques. Designed for professionals who need to quickly develop foundational security knowledge, this training focuses on hands-on exercises and immediately applicable skills to protect your organization’s digital assets.

Next Session

- Dates: March 15-16, 2026
- Times: 9:00 AM - 5:00 PM each day
- Format: Available in-person or live virtual
- Prerequisites: Basic IT knowledge
- Price: \$995 per participant (includes materials, lunch for in-person attendees, and 30-day follow-up support)

Training Curriculum

Day 1: Security Foundations and Threat Detection

Morning Session: Understanding the Threat Landscape - Current cybersecurity threat overview - Common attack vectors and techniques - Security principles and defense-in-depth approach - Risk assessment fundamentals - Hands-on exercise: Threat modeling for a sample organization

Afternoon Session: Essential Security Controls - Core security technologies and their functions - Implementing basic network security - Endpoint protection essentials - Identity and access management basics - Hands-on exercise: Configuring essential security controls



Day 2: Vulnerability Management and Incident Response

Morning Session: Vulnerability Assessment - Vulnerability management lifecycle - Basic scanning techniques - Interpreting vulnerability reports - Prioritization strategies - Hands-on exercise: Running and analyzing basic vulnerability scans

Afternoon Session: Incident Response Basics - Recognizing security incidents - Incident response process overview - Basic containment and eradication techniques - Documentation and communication during incidents - Hands-on exercise: Tabletop incident response scenario

Learning Outcomes

By completing this training, participants will be able to:

- Identify common security threats and attack vectors
- Implement essential security controls appropriate for their environment
- Conduct basic vulnerability assessments
- Recognize and respond to security incidents
- Develop an action plan for immediate security improvements
- Communicate effectively about security risks and requirements

Training Methods

Who Should Attend

This training is ideal for:

- IT professionals who need to understand security essentials
- System administrators responsible for security implementation
- Technical managers overseeing security functions
- Developers who want to understand security requirements
- Business professionals with technical security responsibilities

No prior security experience is required, but basic IT knowledge is beneficial.

Materials and Resources

Participants will receive:

- Comprehensive digital training manual
- Security tools quick reference guide
- Security assessment templates
- Resource list for continued learning
- Certificate of completion
- 30 days of post-training email support

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:

- Practical Cybersecurity Course - Our comprehensive 12-week course for in-depth learning
- Security Awareness for Teams Training - A 1-day focused workshop for general staff
- Cyberhygiene Intensive Training - A complementary 1-day workshop on personal security practices

Download

Contact

Interested in this training?

- Email: office@chen.ist
- Web: Book a free consultation