

# CISO Support™



Offers robust mental well-being support tailored specifically for leaders to address the high-stress demands of their professional environment.

## One-on-one

Sessions with a Cybermindz Mental Health Mentor



## Year-round

Mentor provides tailored guidance and integrates the iRest® Dyad approach, previously applied effectively within the US military to support stress reduction and mental clarity.

## Comprehensive approach

Improving mental well-being with measurable outcomes for personal and professional development.



Community and Network



Monitoring and Progress



Tailored support

## Integrative Restoration (iRest®) Coaching

180 cyber professionals followed our group Pilot Programs in 2023. After 8 sessions, they felt:

- 27.3% Overall stress reduction (across ten metrics)
- 50.8% Less like difficulties were piling up so high that they could not overcome them
- 30.7% More able to cope with all the things they had to do

← RESTORATIVE MONTH  
*weekly one-hour sessions*

← ONGOING SUPPORT  
*monthly one-hour sessions*



Cyber-informed, covering common stressors in the role. Neuroscience-based, focused on enhancing mental resilience and well-being.