Cybermindz.org — Backgrounder

World Mental Health Day 2025: Global CISO Advisory Council Launch

About Cybermindz.org
Founded in Australia in 2022, Cybermindz.org is a global not-for-profit community service organisation* dedicated to defending the defenders of the digital world. Our mission is to enhance the mental resilience of cybersecurity professionals, reduce burnout, and strengthen human performance across critical sectors including national security, healthcare, education, critical infrastructure, and government services. Cybermindz now operates in Australia, the United States, the United Kingdom and France, partnering with government agencies, global enterprises, and industry associations to bring measurable mental resilience support to the cyber workforce.

The Challenge
Cybersecurity professionals are under sustained cognitive and emotional load. Cybermindz research shows they are burning out faster than frontline healthcare workers, with measurable losses in focus, sleep quality, and stress regulation. The impact is clear: burnout drives skills loss, erodes vigilance, and increases operational risk– making human resilience a core element of national and organisational cyber defence.

Our Science and Programs
Cybermindz' evidence-based programs are built on the iRest® Integrative Restoration protocol, a neural-training method developed by clinical psychologist Dr Richard Miller and supported by over 45 peer-reviewed studies.

Our flagship programs include:

BaseCamp™ — Foundational training in burnout prevention and mental resilience.

RapidReset™ — An eight-session immersive program improving cognitive clarity and stress recovery.

SteadyShields™ — A year-long program sustaining behavioural change through practice and peer support.

CISOSupport™ — Leadership-focused resilience training tailored to high-stakes decision environments.

All programs are peer-informed and metrics-driven, with participant data showing:

- Up to 50% reduction in feelings of overwhelm and sense of loss of control.
- 30%—35% improvement in perceived coping ability.
- Significant gains in sleep, focus and emotional regulation after eight weeks.
  (Cybermindz Pilot Data, 2024-25)

We also offer **trauma-informed support** using the military proven iRest® Protocol for teams in active or immediate post-incident situations.

Global Partnerships and Recognition

Cybermindz collaborates with leading partners including Mimecast, Commvault APAC, Devo, Cyjax, Netskope, Gibbs Consulting and major associations such as AISA, CAUDIT, and the Cybersecurity Advisors Network. Our programs have been featured at RSA Conference, Black Hat Las Vegas, Gartner Risk and Security Summits and the National Cyber Awards London (2024 finalist).

Our Vision

To build a world where those who defend our digital infrastructure can perform with calm, clarity, and purpose– ensuring the resilience of organisations and society itself. Cybermindz.org– Defending systems begins with defending minds.

*Cybermindz operates its programs on a cost-recovery basis, with fees designed to cover the direct costs of delivery — including facilitator and consultant fees, program development, administration and necessary domestic and international travel. As a community service organisation, any surplus is reinvested to expand program access, fund research and strengthen the cyber resilience community.

To further support wellbeing within the home environment, Cybermindz also offers free family-member inclusion for services delivered online to remote or hybrid workers.