



# YOUR INVITATION

*to the*

## **Mental Health in Cybersecurity Leadership Summit**

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09.00-11.30am April 24, 2023

San Francisco • Coinciding with RSA

**Cybermindz.org** invites you to attend our inaugural Mental Health in Cybersecurity Leadership Summit.

It will feature experts in both burnout prevention and cybersecurity.

We will explore a way forward to counter one of the biggest unrecognized threats to national resilience—the loss of skills in an already critically underskilled and highly stressed area.

**You will join:** CISOs of leading companies  
Cyber and mental health leaders

**Highlights:** Interview with a Ukrainian cyber defender  
Demonstration of the iRest Protocol

## About the Summit

In recent years the conversation has increasingly looked at burnout and the unique factors which drive it in cyber teams.

This Summit is the next step in the process. We will bring together up to 100 cyber leaders and practitioners to explore what a solution might look like. It will also provide an opportunity to share experiences and hear from experts in the field.

The main RSA conference this year sees a notable absence of discussion in this top-of-mind issue. The Summit is designed to fill that void, stimulate insights and explore a constructive way forward.

## Highlights

Summit Participants will:

- witness a fireside chat between industry leader Tom Reilly and a Ukrainian cyber defender on recent experiences from the Russian conflict
- find inspiration in the vision of the founders of Cybermindz and the iRest Institute
- experience a demonstration of the iRest protocol directly from its developer, Dr Richard Miller
- encounter a panel discussion of CISOs sharing their insights (the first sponsor will be invited to nominate a representative to moderate the discussion)
- enjoy all these benefits free of charge



**REGISTER NOW**

**Location**           Yud Gallery  
THE CONTEMPORARY JEWISH MUSEUM  
736 Mission Street, San Francisco CA

## **Agenda**

9:00am - 9:50am:

Registration  
Welcome and introduction - Natalia Wodecki, Zscaler (MC)

9:50am - 10:15am:

Real stories from Ukraine vs. Russia Cyber War  
Interview with the Founder and the COO of SOC Prime, a  
Ukrainian Cyber Security company helping defend their  
country against Russian attacks, with Tom Reilly

10:15am - 10:40am:

Challenges of leading a cyber security team under relentless  
attacks. One of our sponsors will interview two CISOs

10:40am - 11:10am:

Cybermindz support for mental health (Peter Coroneos/Dr  
Richard Miller) Current burnout statistics, protocol success  
with veterans. iRest pioneer, Dr Richard Miller will also  
provide an experiential demonstration of the protocol

11:10am - 11:15am:

Official launch of Cybermindz.org in the US  
Partnership opportunities, baseline survey participation

11:15am - 11:30am :

Close and networking

## About the Summit Host

Founded in 2022, Cybermindz.org is a purpose driven, not-for-profit dedicated to bringing, scalable, direct, peer-informed mental health support to embattled cyber teams.

We are born out of the cyber. Our leaders have extensive careers in both cybersecurity and military leadership.

We use an evidence-based protocol (Integrative Restoration or iRest) developed by Dr Richard Miller which has seen over 15 years application in the US Military. It is supported by over 25 independent studies. It has been approved for treating PTSD, anxiety, depression, insomnia and pain management in veterans and active duty personnel.

Cybermindz is bringing the iRest protocol into cybersecurity for the first time in the world. The improvements in personal resilience are measurable using a range of standard psychometric tools. Pilot programs in 2022 are already showing positive results.

We are now expanding our delivery internationally using a network of 7000+ facilitators trained to deliver the iRest protocol worldwide, of whom over 4000 are US based.

Our mission is to alleviate suffering in cyber teams, keeping them strong, committed, effective and healthy.





