

# SteadyShields™



A 12-month sustainability program combating the intense stressors inherent in cybersecurity roles, fostering individual resilience and improved team morale and performance.

## Group sessions

3 x 4-week Training Blocks, 80 drop-ins & optional retreat.



## Year-round

Foundational Training Blocks provide theory and exposure to iRest® program. Weekly practice builds resilience and helps teams remain calm, present and focused while in demanding situations.

## Integrative Restoration (iRest®) Training

Cyber-informed, evidence-based, US military-proven. Focused on enhancing mental resilience and well-being.

CASUAL DROP-IN SESSIONS (80 a year)



TRAINING BLOCKS

RETREAT (optional)



### 2023 results:

- 12 group pilot programs
- 180 cyber professionals
- 27.3% average stress reduction (across ten metrics) in 8 weeks



## Builds strong habits

Combining core training and regular practice, the 12 month program cultivates positive habits for sustained effectiveness.



Burnout prevention



Skills retention



Mentorship and guidance