

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, year-round weekly drop-ins.



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 (weekly)



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