

DR. CYNTHIA SUTHERLAND, CISSP

Cybersecurity Executive | Cyber Resilience Strategist | Mental Health-in-Tech Advocate | C-Suite Advisor | Executive Coach | Keynote Speaker



Global Cybersecurity Executive empowering tech leaders and teams to transform burnout, silos, and cyber culture breakdowns into resilience, collaboration, and secure innovation.

SPEAKER BIO

Dr. Cynthia Sutherland is a globally recognized cybersecurity executive, resilience strategist, mental health advocate, and keynote speaker known for transforming stages with her powerful storytelling, actionable insights, and deep emotional intelligence.

With 20+ years of leadership across the DOD, FEMA, NATO, United Nations, and Fortune 100 tech companies, Dr. Sutherland bridges the worlds of technology, resilience, and human empowerment through cybersecurity. She guides businesses and professionals alike toward restoration and reinvention through technology across Government, Defense, Education, Automotive, and Aerospace.

SIGNATURE TOPICS

- Mental Health in the Tech Industry
- Functional Safety & Cybersecurity
- Artificial Intelligence & Human Resilience
- Organizational Culture Transformation
- Trauma-Informed Leadership
- Resilience by Design
- Boardroom to Healing Room

SPEAKER FORMATS

Keynotes · Executive Workshops · Cross-Functional Workshops · Panel Moderation · Culture Audits · Coaching

Book Dr. Sutherland

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📅 <https://calendly.com/drcys>
🌐 [linkedin.com/in/drcys](https://www.linkedin.com/in/drcys)



SIGNATURE TALKS & WORKSHOPS

Keynote Speaker:

- NIST NICE K12 Cybersecurity Education Conference: *Cultivating the Next Generation of Cyber Guardians*
- Women in Trust Summit: *Navigating Cybersecurity - Focus on Mental Health & Retention*
- UMD TechFest 2025: *Secure the Mind: Resilience in the Age of AI and Cyber Threats*

Speaker:

- Women in Cybersecurity (WiCyS) Annual Conference: *Navigating Cybersecurity - Getting In and Staying In!*
- Amazon Web Services (AWS) reInforce: *Global Expansion: Compliance and GDPR implications*
- ManTech: *Enhancing Operational Readiness through Rehearsal, Resilience, and Recovery*

Thought Leadership:

- **Cybersecurity Content Convergence (C3) Model®:** *Integration of Cybersecurity Content into Nontechnical Curricula*
- **A.I.R. Method:** *Human-Centered Technology Leadership in the Age of AI*
- **A.F.T.R. Pathway:** *Building Resilient Leaders and Cultures*

AUDIENCE FEEDBACK

- *Your passion is infectious and your presence is undeniable.* - NIST NICE K12
- *Everyone in the room felt the impact of Dr. Cynthia Sutherland's keynote - Women in Trust*
- *That was one heck of a speech Doc.* - FEMA Annual Cybersecurity Awareness Talk
- *I love your version of CIA and your prescription even more...thank you in advance. I'll be using this framework.* - WiCyS



"Recovery isn't a break from the mission - It's what makes the mission sustainable."

Dr. Cynthia Sutherland