#1 - 30-Second Exercise!

You have exactly 30 seconds to identify your ***strongest*** trait and articulate why it makes you a ***stronger security professional***.

#2 - 30-Second Exercise!

You have exactly 30 seconds to identify
WHICH security roles **best leverage your superpower.**

Translate Your Experience into Cybersecurity Value

Your life experience already contains capabilities valued in cybersecurity frameworks such as CISSP and HITRUST. Use this worksheet to translate your background into language employers understand.

Personal Exercise:

My background is predominantly a

My Real World Skills include:

The Security Competencies that would leverage my background are:

Why It Works!

Handout1 : Translating your real world skills into valuable competencies

The following pages are *examples* to help you map your background to a security path and develop a narrative on “why it works”.

Background	Real World Skills	Example Core Security Competencies	Why It Works
Military Personnel	• Logistics planning • Risk management • Mission execution • Operational discipline	Security Operations / Incident Response Risk & Compliance / Governance (GRC)	Military roles often involve complex planning, risk assessment, and execution under pressure.
Literature / Humanities Majors	• Analytical reading • Argument construction • Pattern recognition in narratives • Clear communication	Threat Intelligence Analysis Security Policy & Governance	Threat intelligence and policy work rely heavily on analysis, synthesis, and communication.
Actors / Performing Artists	• Presence under scrutiny • Rapid adaptation • Emotional intelligence • Audience perception	Security Awareness & Human Risk Programs Incident Response / Crisis Communications	Security incidents require clear communication and calm leadership during stressful situations.
Teachers / Educators	• Curriculum design • Explaining complex ideas • Behavioral influence • Assessment and feedback	Security Awareness & Training Programs Governance, Risk & Compliance (GRC)	Security programs succeed when organizations change behavior, not just deploy tools.

Handout1 : Translating your real world skills into valuable competencies

Background	Real World Skills	Example Core Security Competencies	Why It Works
Business Consultants (Non-CySec)	• Stakeholder engagement • Strategic analysis • Organizational change • Executive communication	Cybersecurity Strategy & Transformation Risk Management / Security Program Leadership	Consultants already know how to diagnose complex organizational problems, guide change, and align leadership around risk and priorities — core capabilities for building and scaling security programs.
Business Analysts	• Process mapping • Requirements gathering • Systems thinking • Data interpretation	Security Architecture & Process Design Identity & Access Management (IAM)	Security often requires understanding how systems interact, how access flows through those systems, and where controls must be inserted — work that closely mirrors the analytical skills of business analysts.
Admin Assistants	• Organizational coordination • Information handling • Process management • Confidentiality	Governance, Risk & Compliance (GRC) Security Operations Coordination	Security programs rely on process discipline, documentation, and trusted handling of sensitive information — capabilities that administrative professionals already practice daily.
Healthcare Professionals	• Patient privacy • Risk mitigation • Documentation discipline • Incident reporting	Privacy & Data Protection Healthcare Security Compliance	Healthcare professionals already operate in regulated environments where privacy, documentation, and risk mitigation are critical, aligning closely with security and compliance work.
Journalists / Researchers	• Investigation • Source validation • Pattern detection • Clear storytelling	Threat Intelligence Analysis Security Investigations / Digital Forensics	Threat intelligence requires collecting information from multiple sources, validating credibility, identifying patterns, and communicating findings clearly — the same investigative skills journalists use.

Handout1 : Translating your real world skills into valuable competencies

Background	Real World Skills	Example Core Security Competencies	Why It Works
Customer Support / Help Desk Professionals	• Troubleshooting under time pressure • Communicating technical concepts clearly • Managing frustrated users • Identifying recurring issues and patterns • Escalation/ incident documentation	Security Operations Center (SOC) Analyst Identity & Access Management (IAM)	Customer support professionals already excel at triaging problems, recognizing patterns, documenting incidents, and guiding users through secure processes — the same skills required in security operations.
Project Managers	• Resource planning • Timeline management • Risk tracking • Cross-team coordination	Security Program Management Cybersecurity Transformation Projects	Security initiatives are often large, cross-functional programs that require coordination, risk tracking, and clear execution — areas where experienced project managers already excel.
Finance / Accounting Professionals	• Risk awareness • Control validation • Audit preparation • Regulatory compliance • Data integrity and accountability	Governance, Risk & Compliance (GRC) Security Audit & Control Assessment	Finance professionals are already trained to evaluate controls, manage compliance requirements, and protect sensitive financial data, which closely mirrors security governance and risk management responsibilities.
Supply Chain/ Logistics Pros	• Complex planning and sequencing • Risk and dependency management • Resource allocation • Real-time decision making • Operational continuity	Security Operations & Incident Response Business Continuity & Disaster Recovery	Logistics professionals routinely manage complex systems with dependencies, timing constraints, and risk trade-offs, which parallels the operational mindset needed for cybersecurity response and resilience planning.