Cyber Hygiene Lab by Sphynx

ΒΑΣΙΚΕΣ ΑΡΧΕΣ ΠΡΟΣΤΑΣΙΑΣ ΚΑΙ ΑΣΦΑΛΟΥΣ ΧΡΗΣΗΣ ΥΠΟΛΟΓΙΣΤΙΚΩΝ ΣΥΣΤΗΜΑΤΩΝ

Time	Action	Tools	Responsible
5 minutes	**Introductions** *The instructor opens the session, welcomes attendants* *Gives an overview of the course what, how, exercises etc.*	1 slide with title and the agenda	Instructor
5 minutes	**Key topics of Cyber Hygiene.** Why it matters to everyone	4 slides with figures and most frequent attacks	Instructor
5 minutes	**Overview of the Sphynx Cyber range Platform** (how to login, navigate sections)	CR platform	Instructor
2 hours	**Participants log into the platform and attend the modules** Complete the **5** modules Instructor keeps the timings, alerts them for next actions and solves questions.	CR platform	Participants
10 minutes	*Break*		
1,5 hours (30 questions)	**Final Assessment** *The instructor gives the final instructions on timings and how to take the test, and participants take the test online*	CR platform	Participants
10 minutes	**Break** Instructor prepares analytics and wrap up	-	Instructor

10 minutes	**Wrap Up**		Instructor
	The instructor makes a closing remark, asks participants for impressions, answers final questions.		
	Then presents analytics from the session and points out some insights.		
	*Before closing, informs participants that they will have access to the platform for **1 year** so they can go through the materials if they wish.*		
	Also, alerts them for the Post-training assessment exercises that will follow after the training (Sphynx will hit them with unbranded phising emails and will ask them (via branded) emails to complete certain tasks (eg login on a vpn)		