

Train the Trainer

Inspire, engage and empower learners

Develop the skills and confidence to deliver training that makes an impact.



CYBER SECURITY TRAINING COURSE

Plan effective training

Engage and motivate learners

Use proven teaching techniques

Build confidence in the trainer

Cyber Security Essentials Course

Practical cyber security awareness training for UK workplaces

www.ascenttrainingwales.co.uk

01 · COURSE OVERVIEW

About this course

Our Cyber Security Essentials course is a practical introduction to protecting people, information, devices and organisations from modern cyber threats. As attacks grow more sophisticated, knowing how to spot risks and respond safely is an essential workplace skill.

BOOK YOUR CYBER SECURITY TRAINING
01656 737349 · info@ascenttrainingwales.co.uk



02 · LEARNING OUTCOMES

What you will learn

1

CYBER THREAT AWARENESS

Recognise phishing, social engineering, malware, password attacks and data breaches before they cause harm.

2

SAFER WORKING HABITS

Build everyday routines that protect devices, accounts and business information at work and at home.

Who should attend

1

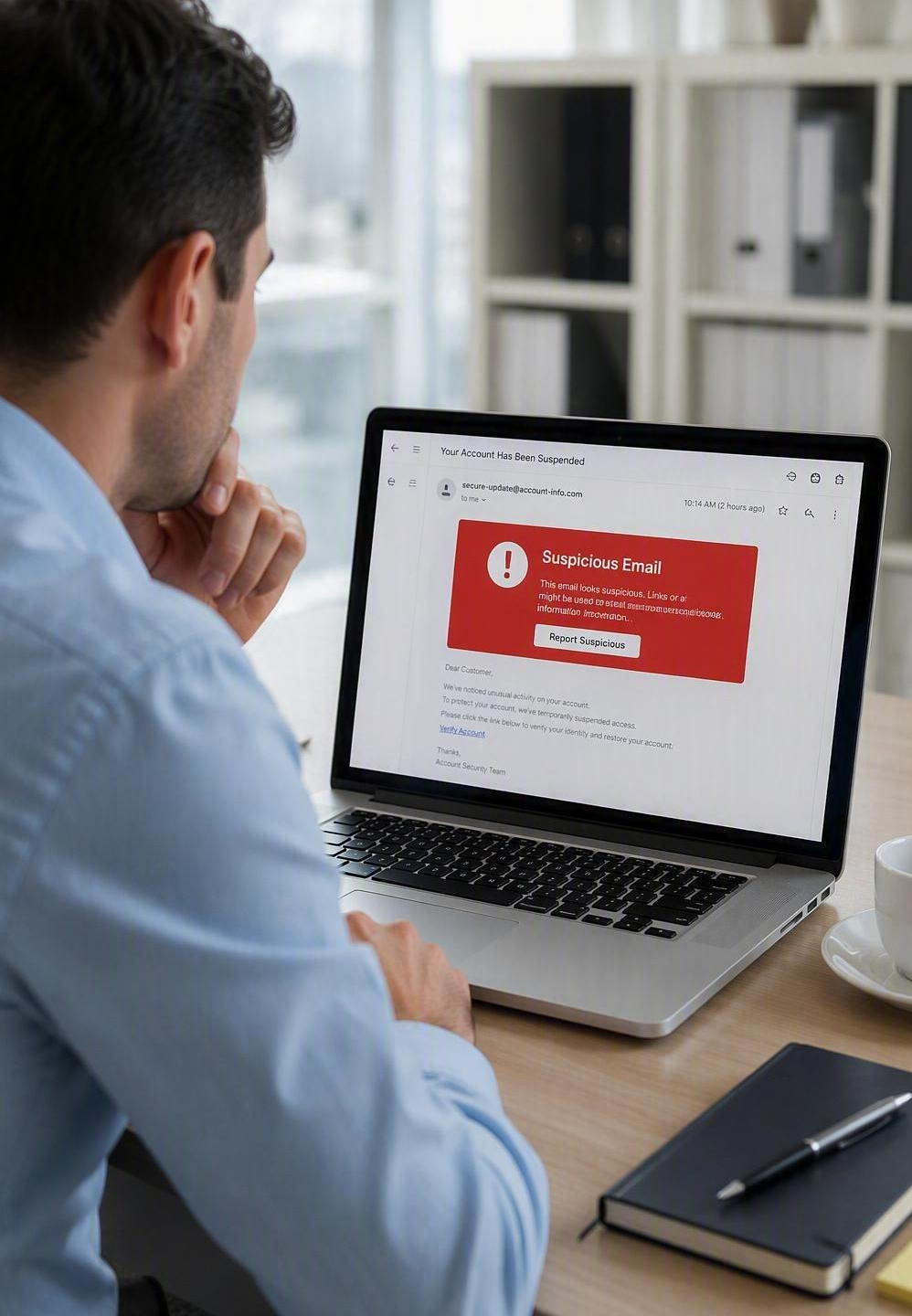
EVERY EMPLOYEE

Ideal for staff new to cyber security who want the confidence to work securely online, with no technical background needed.

2

MANAGERS & DATA OWNERS

Valuable for anyone responsible for protecting business information, customer data or compliance obligations.



Phishing attacks

1

SPOTTING PHISHING EMAILS

Learn the warning signs in emails, texts and calls — spoofed senders, urgent requests, fake links and unexpected attachments.

2

HUMAN-FOCUSED ATTACKS

Understand how attackers use pressure, trust and impersonation, and how to verify and report a suspicious approach.



Malware, ransomware & passwords

1

MALWARE & RANSOMWARE

See how infections spread through downloads, USB devices and unpatched software — and the steps that keep systems protected.

2

STRONG PASSWORD SECURITY

Use passphrases, password managers and multi-factor authentication to shut down common account takeover attacks.

06 · COURSE PROGRAMME

Course times

9:00 am Welcome and Session Start

9:30 – 10:45 am Cyber threats today

10:45 – 11:00 am Morning break

11:00 am – 12:00 pm Phishing & social engineering

12:00 – 1:00 pm Lunch break

1:00 – 2:30 pm Malware, passwords & data



Data protection

1

PROTECTING DATA

Handle personal and business information safely, from secure sharing and storage to your UK GDPR responsibilities.

2

RESPONDING TO A BREACH

Know how to report an incident quickly, limit the damage and support your organisation's recovery plan.

Course delivery

Delivered as a one-day inhouse session at your premises or online, with practical examples, live demonstrations and group discussion. Every delegate receives a certificate of attendance and a cyber security good-practice guide to take away.

ASK ABOUT INHOUSE DATES

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Excel Course From Basics to Beyond

Learn Excel skills to work smarter
and achieve more



Beginner to
Advanced



Practical
Exercises



Real-World
Examples

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Thank you

Cyber Security Essentials with Ascent Training Wales

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