



# Personal Resilience and Well-Being for Cyber Investigators and Cyber Security Professionals

# One Day Workshop – Online

---

**This one-day workshop is packed with practical frameworks and tools to help the Cyber Investigator and Cyber Security Professional enhance their well-being and personal resilience, based on the most up to date research.**

By the end of the day, you will be able to;

- Understand your current position regarding your own well-being and personal resilience
- Understand what “personal resilience” means for you on a day-to-day basis
- Develop a personal action plan for continuous improvement in this area
- Understand the importance of connecting to peer networks and begin to develop your own confidential supporting network

You will also complete your own confidential psychometric assessment to give yourself some information on personal strengths that will help your resilience and well-being. This will include a confidential one-to-one session with an accredited practitioner of the psychometric tool.

## **Who is this for?**

The workshop is for existing cyber investigators, and cyber security professionals. The day will also benefit Human Resource professionals and business partners who have a responsibility in developing well-being strategies and policies to support these workforce groups.

## **Who are your Facilitators?**

The day will be led by;

**Carol Brooks BSc Psychology, MSc Organisational Psychology, GMBPsS, Cyber and Business Psychologist**  
Carol works with Cyber Investigators and Cyber Security professionals to understand the nature of decision-making, and the psychology of what it means to be in these roles. She is an elected and active member of the British Psychological Society Cyberpsychology section and is studying for a PhD in this subject.

## **Sean Riley MSc MBPsS C.Psychol**

Sean is a Chartered Occupational and Business Psychologist, specialising in psychological diagnostics, well-being, resilience, and productivity in the workplace. He has designed and implemented developmental and change programmes in a multitude of cross-cultural, global settings.

## **How to reserve a place**

You can reserve a place by emailing a request to [info@platinum3p.co.uk](mailto:info@platinum3p.co.uk)

## **What's the cost?**

The cost is £350 + VAT per person. This includes the administration of the Resilience psychometric assessment, individual feedback, and all workshop materials.

Platinum 

Platinum 3P Limited  
205a Nantwich Road  
Crewe, CW2 6DD  
United Kingdom

+44 (0) 161 210 3786  
[info@platinum3p.co.uk](mailto:info@platinum3p.co.uk)