

A large, colorful, fan-shaped sculpture is the central focus of the image. It consists of a black vertical pole with several large, flat, triangular panels radiating from it. The panels are colored in a rainbow gradient: blue, magenta, orange, yellow, and green. The sculpture is situated in a room with a curved wall and a ceiling with stage lighting. The floor is a light-colored, polished surface. The overall atmosphere is modern and artistic.

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CISO Stress and Coping Mechanisms – Learnings from (ex) Special Forces

Mark Snel, November 2023

**ADVANCED
THREAT
SUMMIT**

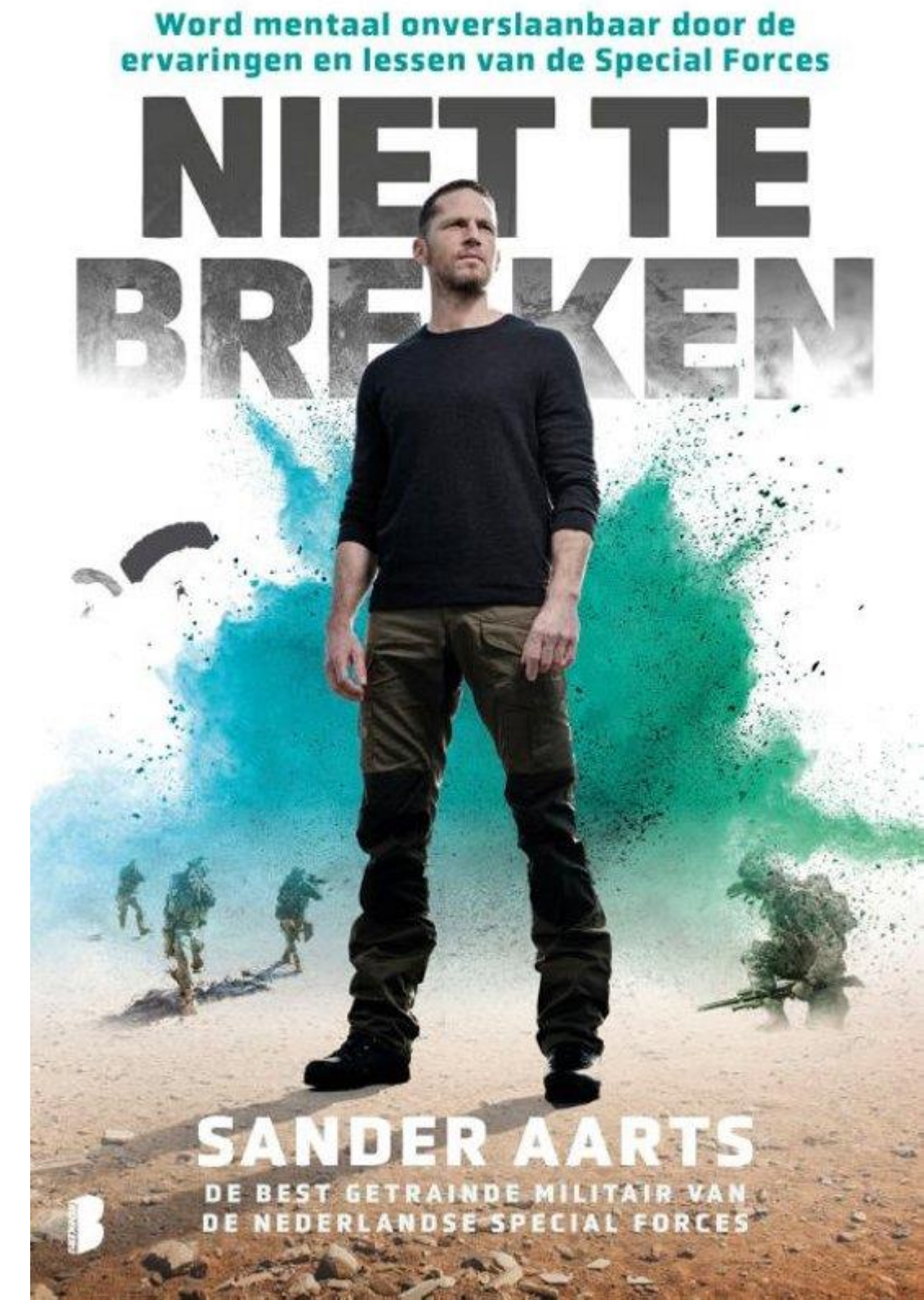
A personal story about (cyber) resilience



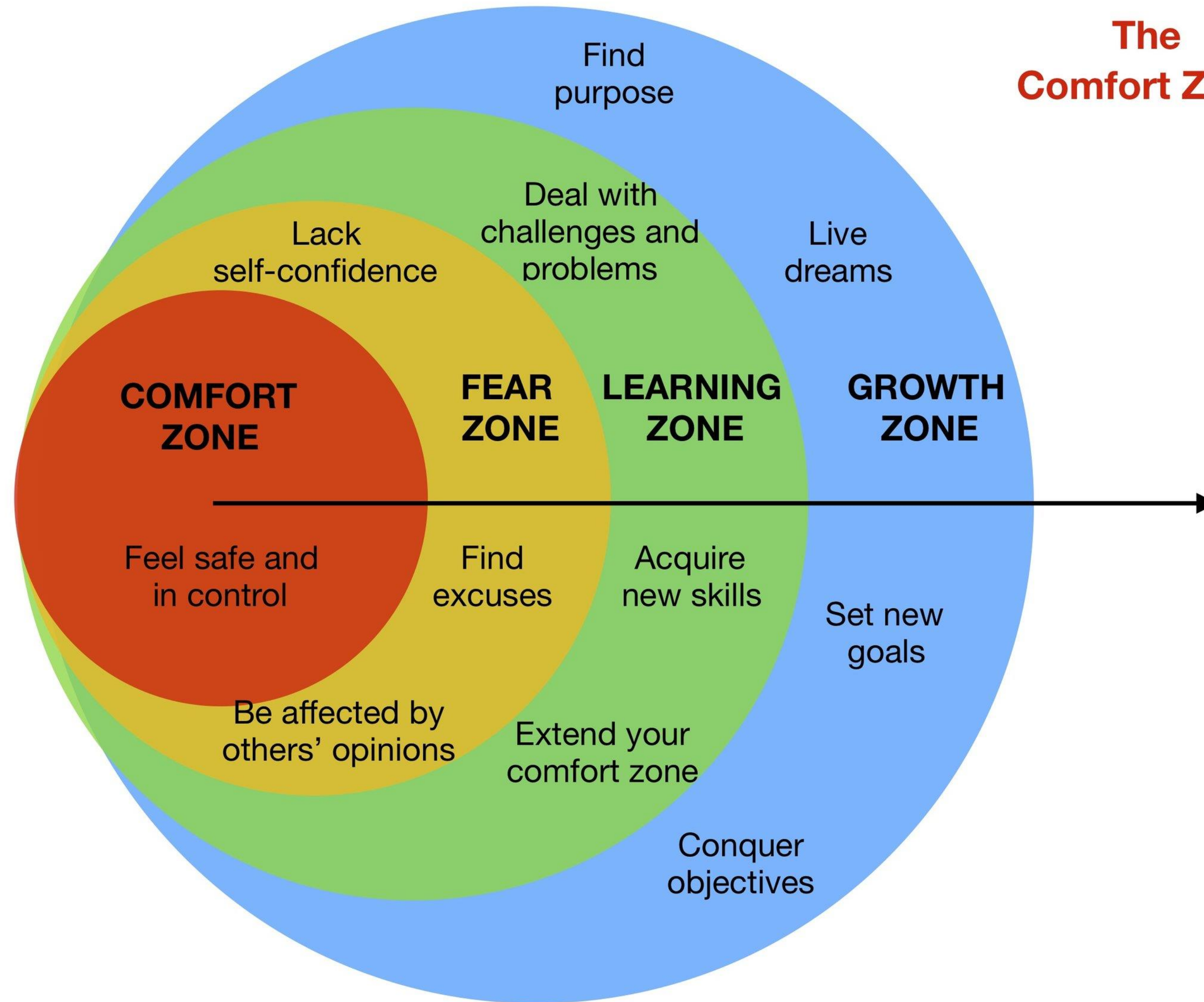
Out of balance







The Comfort Zone



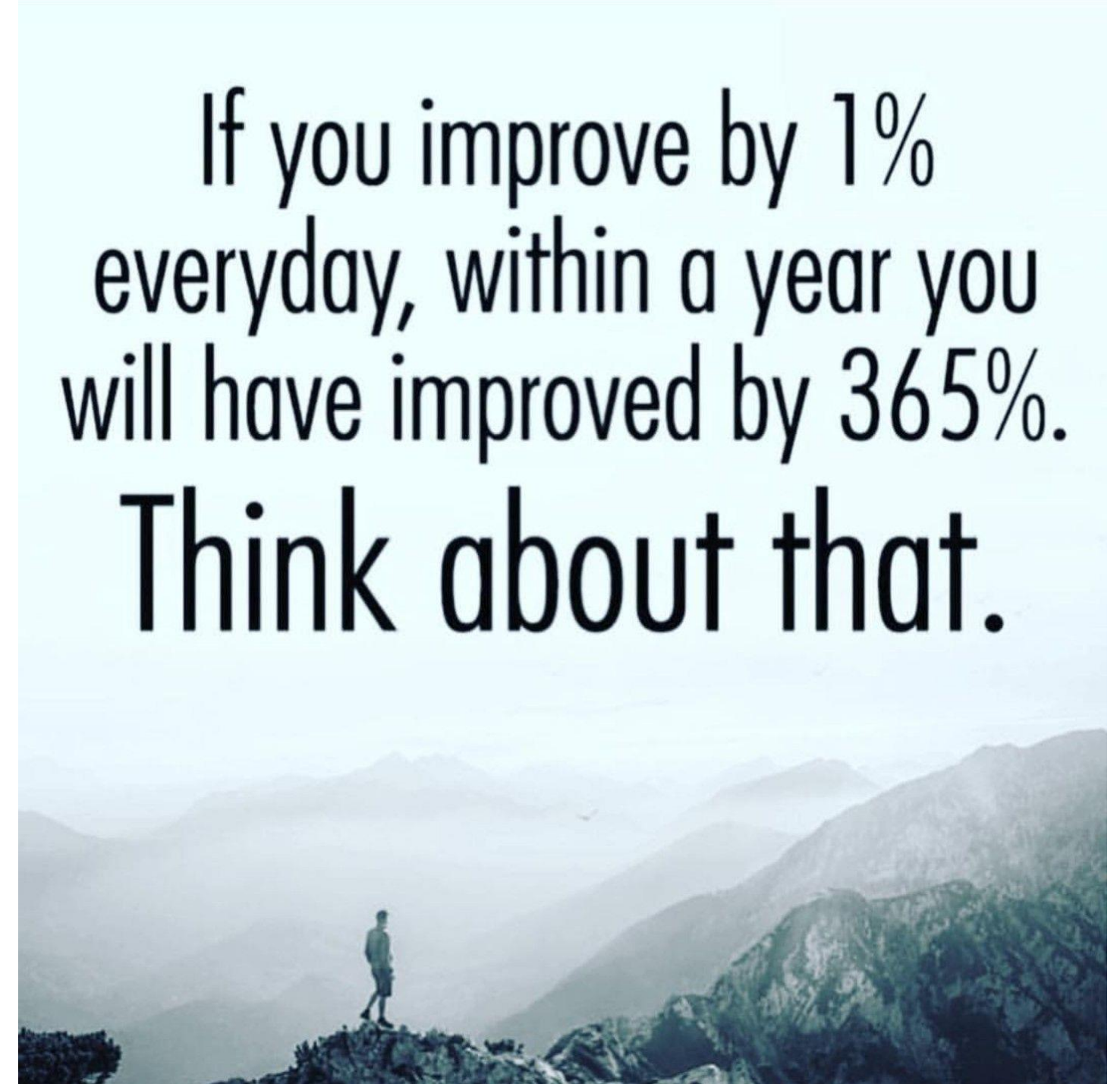
12 hours (6pm – 6am) under guidance of (ex) special forces

Lessons learned

- Many of the situation I couldn't handle (at first)
- If you think you are tired, you are not
- Boundaries and limitations exist in your mind
- There is always energy
- Shouting will not help somebody achieve the task, real support does
- Together you can teamwork
- Control your breath
- Count from 5 to 1
- Have a mantra
- Control the noise

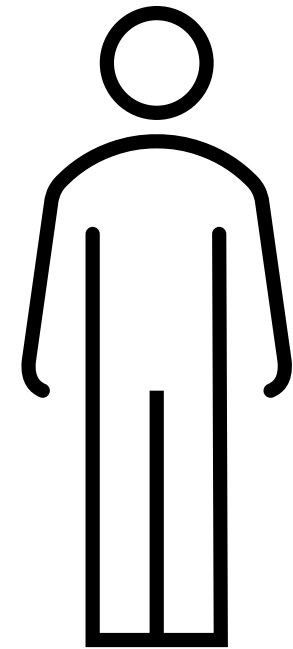


72 hours Project Phoenix, from results focus to enjoying the process



If you improve by 1%
everyday, within a year you
will have improved by 365%.
Think about that.

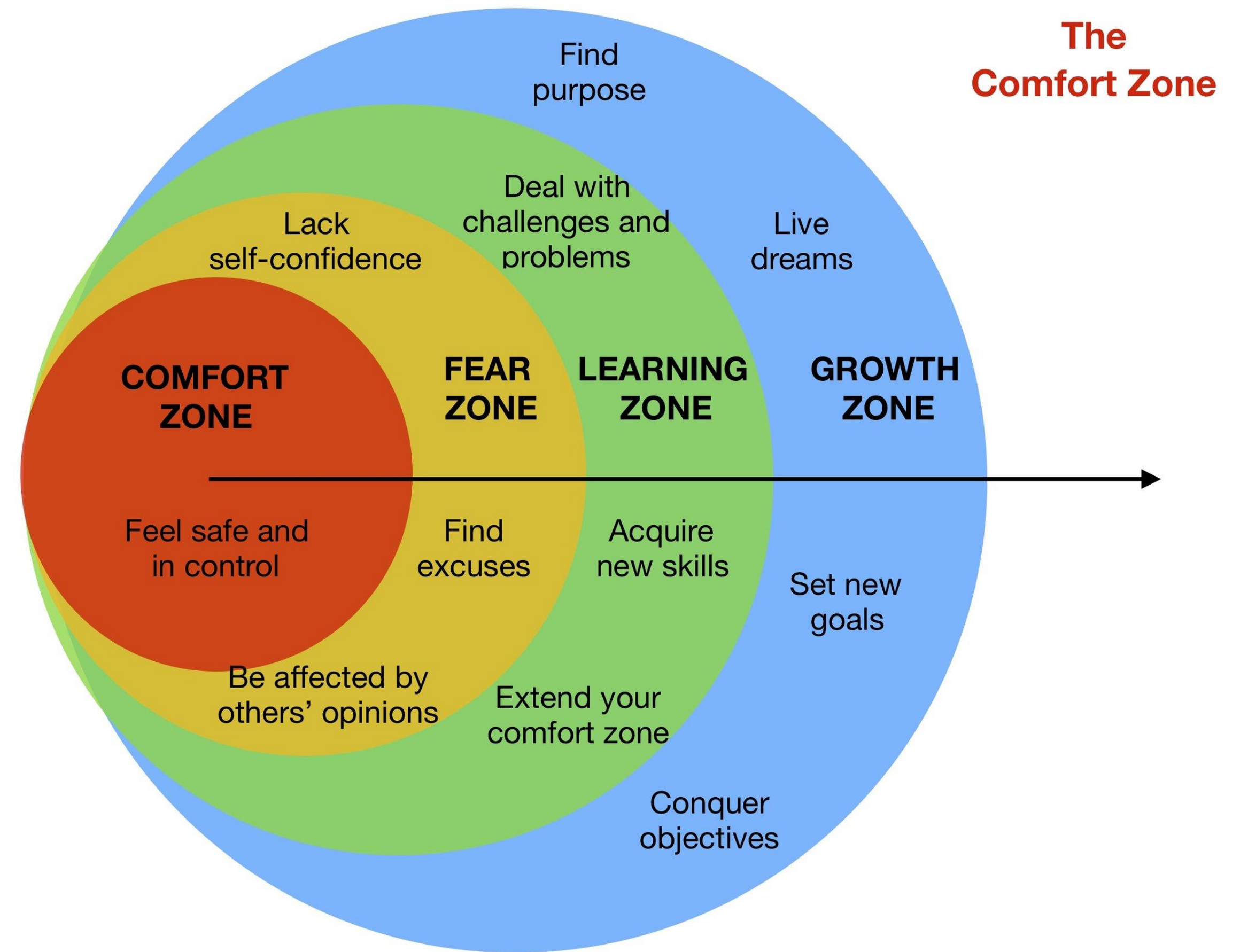
Experiment, How the mind influences your body



I invite you.....

If you are scared of doing it,
do it scare

Chose growth before comfort



Definition Cyber Resilience

The ability to anticipate, withstand, recover from, and adapt to adverse conditions, stresses, attacks, or compromises on systems that use or are enabled by cyber resources. Cyber resiliency is intended to enable mission or business objectives that depend on cyber resources to be achieved in a contested cyber environment.

Sources:

[NIST SP 800-160 Vol. 2 Rev. 1](#) , [NIST SP 800-172A](#) from [NIST SP 800-160 Vol. 2 Rev. 1](#)

Cyber resilience refers to an entity's ability to continuously deliver the intended outcome, despite cyber attacks.

Source:

[Wikipedia](#)

How to build (cyber) resilience teams



1. Show a good **example** (work-life balance, etc.)
2. Provide clarity and align on **priorities** (remove the noise)
3. **Team**, win and fail together
4. Set **micro** goals
5. **Celebrate** also small wins, to release dopamine
6. In your one-on-one meetings ask how they **feel** and what you can do to support them
7. Embrace a culture of flexibility (focus on **output**)
8. Explain the **why** \ big picture
9. Encourage **fun** at work
10. As a leader you have a **supporting** role

Resource your team so people are not already stressed before they enter a stressful situation

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