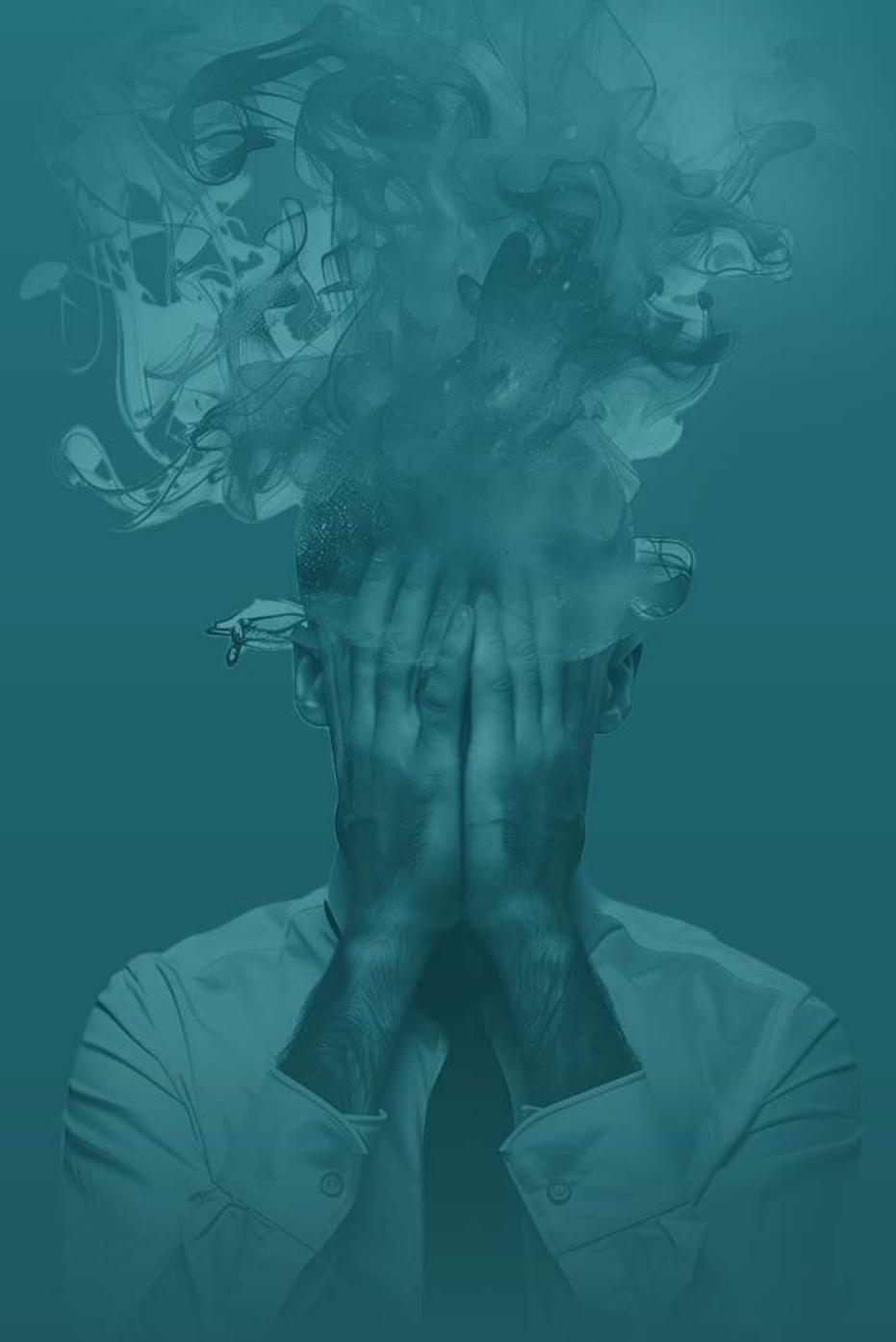


Burn-on, burn-out, and fading ethics

How to avoid the
most common risk



SOSAFE

Europe's largest Security Awareness & Human Risk Management player



>500
diverse employees

>3.5M
users worldwide

>5,000
customers across all industries



>32
Badges



THE RISK WE DON'T WANT TO SEE

A story about stress



THE RISK WE DON'T WANT TO SEE

A story about stress

“

Cybersecurity leaders and their teams are suffering from widespread burnout and attrition, which erodes effectiveness and increases organizational cyber risk.

Gartner®



66%

of cybersecurity professionals felt they suffered from significant work stress



67%

of cybersecurity professionals reported staff shortages within their team



95%

of CISOs work longer than their required hours

THE RISK WE DON'T WANT TO SEE

A story about stress

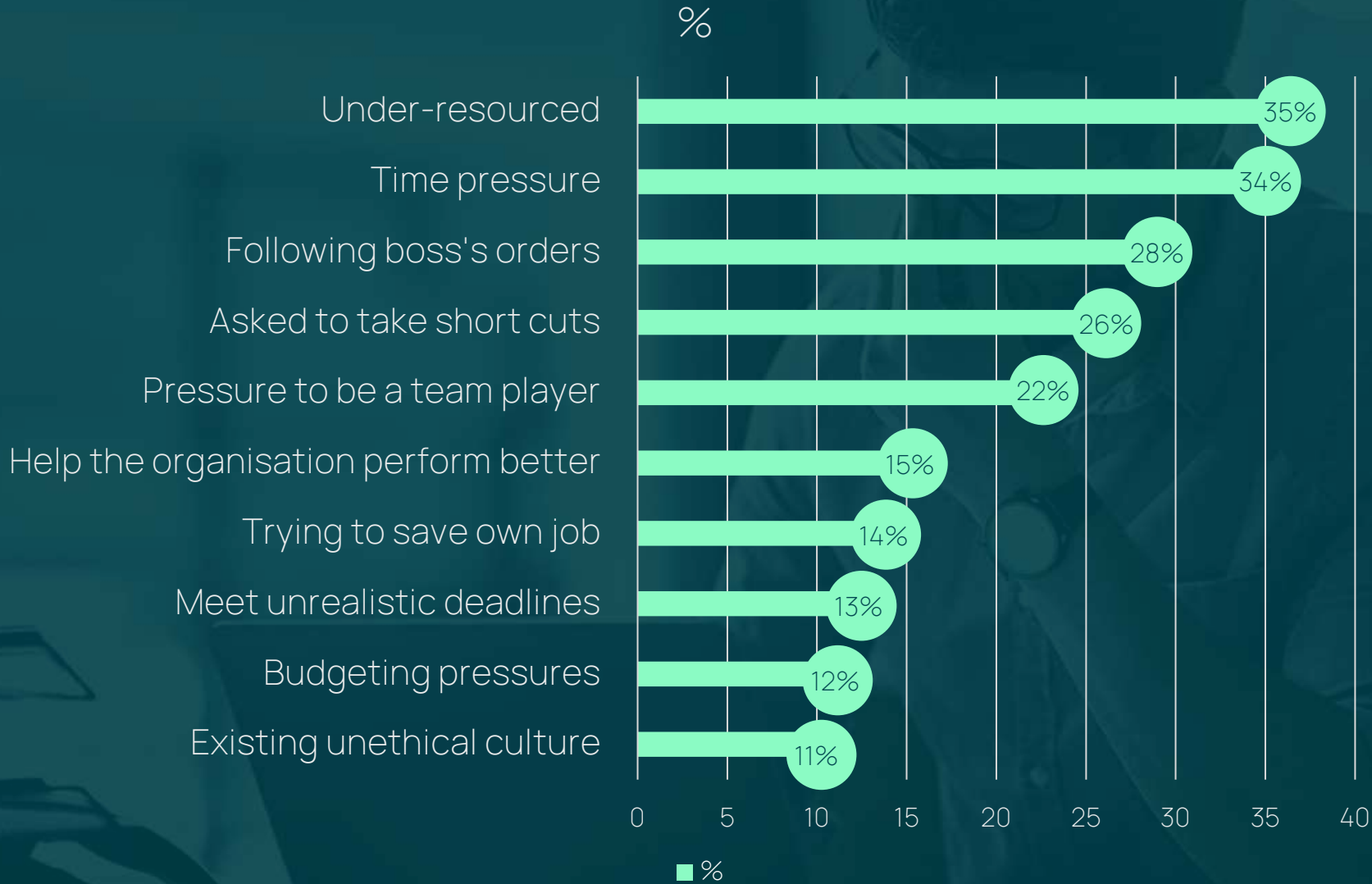
The Jury found **Mr. Sullivan** guilty on one account of obstructing the F.T.C.'s investigation and in one account of acting to conceal a felony from authorities.

Joe Sullivan

Former Chief Security
Officer at Uber

ETHICAL CRISES

Stress > humans > ethical breaches



of respondents admitted to breaking their current organisation's standards of ethical behaviour

BURN-ON, BURN-OUT, AND FADING ETHICS

Dimensions of stress

Cognitive



- Concentration problems
- Difficulty taking decisions

Emotional



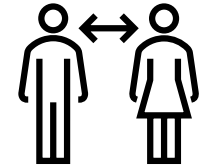
- Depression
- Anxiety
- Moodswings

Physical



- Headaches
- Fatigue
- Insomnia

Social



- Conflicts
- Isolation

BURN-ON, BURN-OUT, AND FADING ETHICS

Consequences of stress

Mistakes and omissions

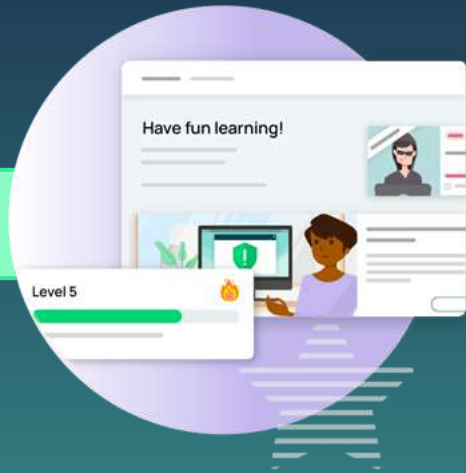
Physical and/or
psychological problems

Fading ethics



PROTECT YOURSELF AT ALL TIMES

Acknowledge the problem and manage it



Priorities

Automated solutions

Regular self-checks

Stress

Focus

Resilience



Klingt spannend?

Lassen Sie uns diskutieren!

Dr. Christian Reinhardt

Awareness Evangelist

SoSafe

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LinkedIn

