

TRAINING PROVIDER	
Singapore Professionals' and Executives' Cooperative Limited	
COURSE INFORMATION:	
Course Title	<b>Develop Good Cyber Hygiene and Defend Against Cyber Attacks</b>
Language	English
Course Duration	1 day (7 hours / 9am to 5pm)
COURSE OUTLINE:	
<b>Course Overview &amp; Objectives</b>	<p>As Singapore progresses into a digital age with greater use of the Internet, greater so is the risk to individuals and business if they are not aware of the dangers that they are subjected to despite greater convenience. Despite the inclusion of Digital Defence has been added as the sixth pillar of Total Defence, several Singaporeans and businesses still fall prey to scams and cyberattacks.</p> <p>Most adult individuals in Singapore own at least one smart device like a smart phone and thus can gain access to the Internet, which in turn will open up a can of worms to expose the individual to cyber risks and attacks. Most households (almost 95% of Singapore) already own at least one device, and in 2021, each secondary school student will have access to one if they are in a public school. Thus, each adult individual should be well informed so as to protect themselves, their family, as well as the assets of their employers and/or stakeholders they work with. This course is developed with the purpose of raising the awareness of cyber risks and to promote good cyber hygiene.</p>
<b>Key Topics Covered</b>	<p>This course explores the following subjects in depth:</p> <ul style="list-style-type: none"> <li>• Recognize the trends of the Internet and cyber crimes</li> <li>• Discover the importance of protecting digital data</li> <li>• Identify various cyber and digital risks</li> <li>• Develop good cyber hygiene that can be applied in every company</li> <li>• Be updated on regulations on breach and local data protection laws</li> <li>• Discuss and learn from recent case studies</li> <li>• Apply good cyber hygiene practices</li> </ul>
<b>Learning Outcomes</b>	Successful completion of the course will increase learners' awareness of the dangers that lurk when using the internet and learned the strategies to protect themselves, their family, as well as the assets of their employers and/or stakeholders they work with by practising good cyber hygiene habits.
<b>Learning Methodology</b>	The workshop is delivered in an interactive learning setting and offers the opportunity to apply concepts in a risk-free environment with simulated exercises and practices; mini case studies; trainer-facilitated group sharing and discussions, self-reflection and action planning; etc.

<b>Who Should Attend</b>	Anyone who wish to be well-informed of cyber risks and able to protect themselves, their family, as well as the assets of their employers and/or stakeholders they work by practising good cyber hygiene habits.
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