

End User Cybersecurity Training



March 11th, 2025

Version 6.1





About Jason Clause

Host

Director of Marketing @ Endsight
[linkedin.com/in/jasonclause](https://www.linkedin.com/in/jasonclause)



About Stephen Hicks

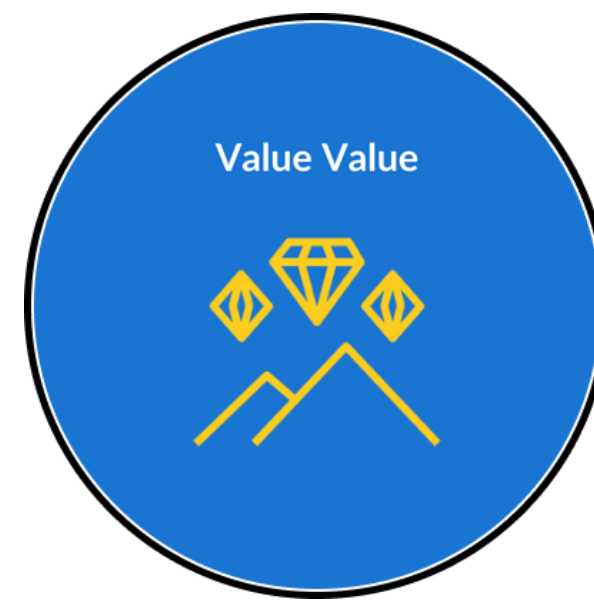
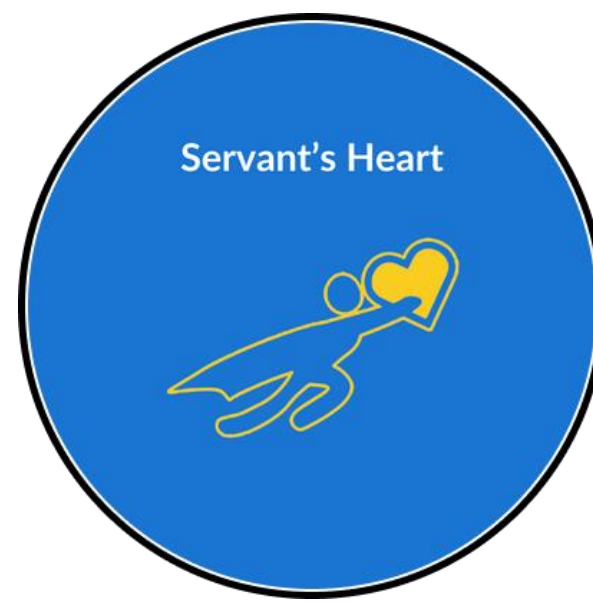
Presenter

Security Practice Manager @ Endsight
<https://www.linkedin.com/in/shicks/>



Our purpose: Help others thrive

Our values:



Exciting News

Some Proud Moments



For CLMs & California Lawyers

This course is eligible for 1 credit hour of CLE (state of California) and for the CLM program. In the sign-up sheet we asked you to select yes if either of these apply to you. We currently identified 10 registrants eligible for credit. If you want to confirm you're on the list please reach out to Aaron at akreps@endsight.net to ensure you get credit.

- Gerald S
- David M
- Michelle C
- Todd D
- Miguel S
- Rafael C
- Kristin G
- Eric T
- Julia Z
- Lauren S

Agenda

Fundamentals
overview



Cybersecurity
hygiene



Q&A



Specific phishing
attack examples

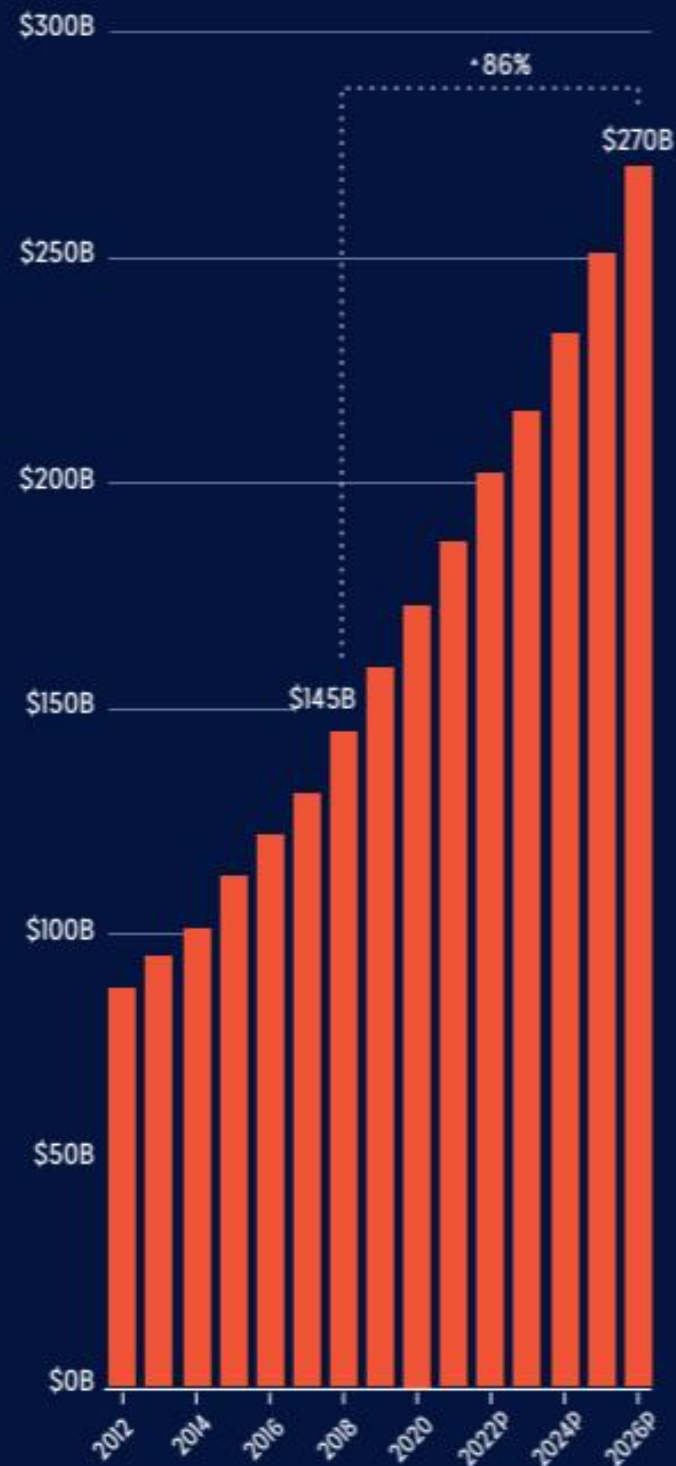


Recap &
resources



CYBER SECURITY MARKET FORECAST

Rising attack incidents and cyber regulation are key forces behind the global cybersecurity market. By 2026, it is predicted to reach \$270 billion—an 86% leap from 2018.



Source: Australian Cyber Security Growth Network, 2019
USD B per annum, 2018 • latest actual data (constant exchange rates)

ANYONE CAN BE A VICTIM OF CYBER CRIME.

Even businesses and entire governments. As the world becomes ever more connected and reliant on technology, it opens the door for online hackers to exploit critical security flaws in our systems.

To combat this growing threat, our cybersecurity capabilities must match—and better yet, surpass—the sophistication of cybercriminals.



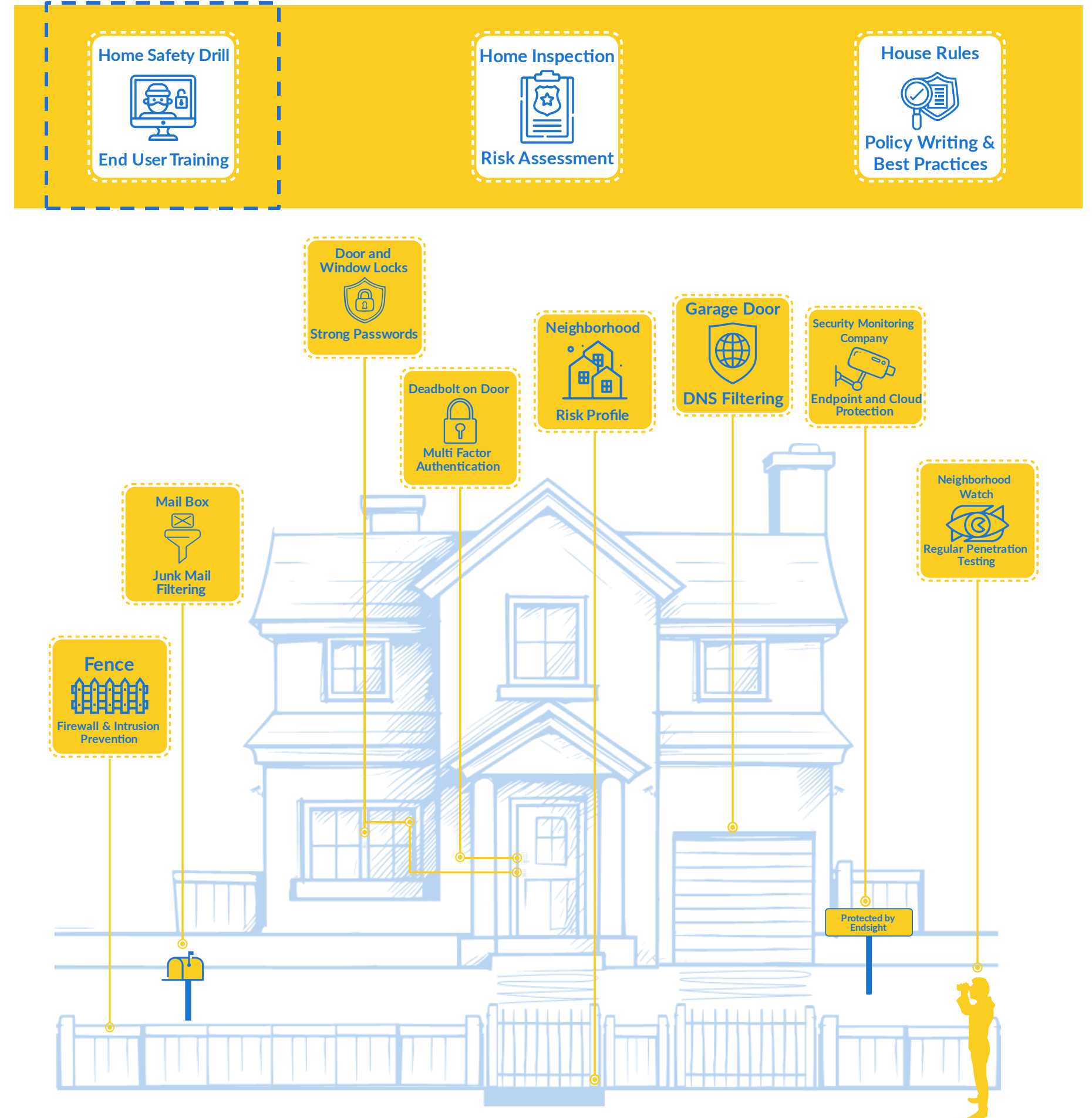
Lifecycle of an Attack

From Phish to \$2.5M Ransomware Attack



Layered Cyber Security

(People, Process, Technology)



SECURITY



Stephen Hicks

**Security Practice Manager
Endsight**

endsight 

Fundamentals Overview

Dictionary

Search for a word



sus·pi·cion

/səˈspiʃən/

noun

1. a feeling or thought that something is possible, likely, or true.
"she had a sneaking **suspicion** that he was laughing at her"

Similar:

intuition

feeling

impression

inkling

surmise

guess



2. cautious distrust.
"her activities were regarded with suspicion by the headmistress"

Similar:

misgiving

doubt

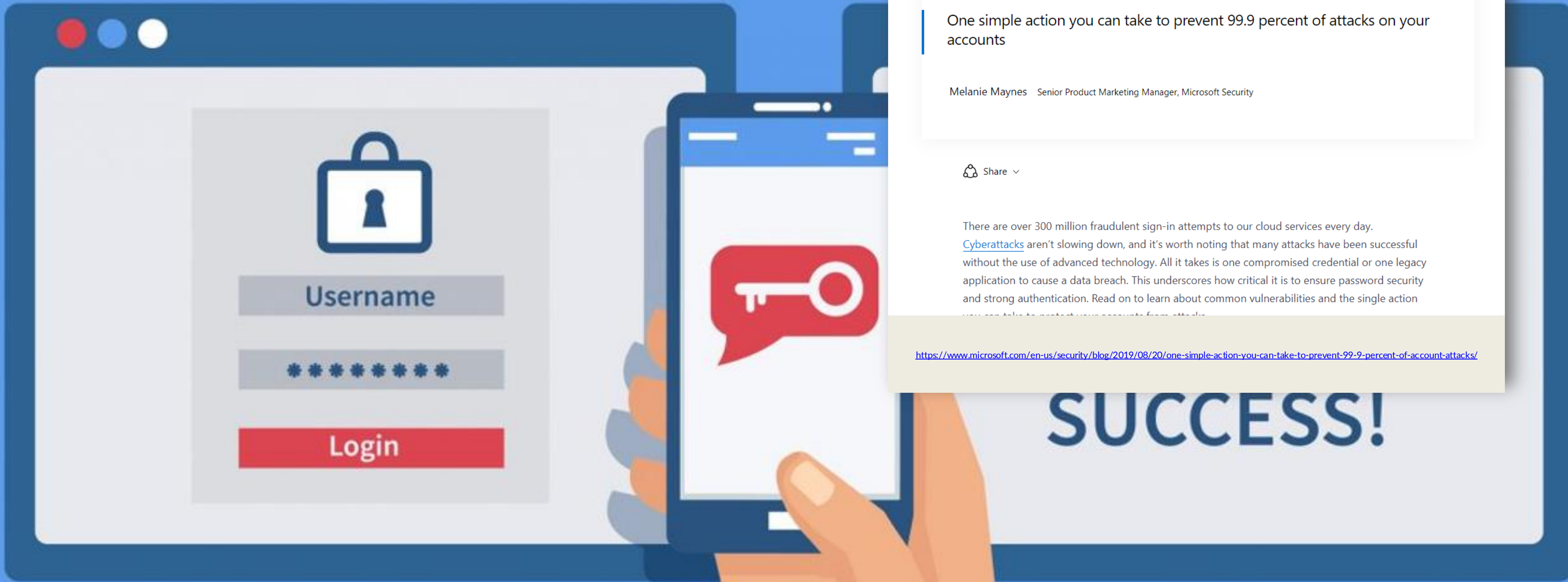
qualm

wariness

chariness

reservation





August 20, 2019 • 2 min read

One simple action you can take to prevent 99.9 percent of attacks on your accounts

Melanie Maynes Senior Product Marketing Manager, Microsoft Security

Share

There are over 300 million fraudulent sign-in attempts to our cloud services every day. [Cyberattacks](#) aren't slowing down, and it's worth noting that many attacks have been successful without the use of advanced technology. All it takes is one compromised credential or one legacy application to cause a data breach. This underscores how critical it is to ensure password security and strong authentication. Read on to learn about common vulnerabilities and the single action you can take to protect your accounts from attacks.

<https://www.microsoft.com/en-us/security/blog/2019/08/20/one-simple-action-you-can-take-to-prevent-99-9-percent-of-account-attacks/>



Microsoft 365

Products

Resources

Templates

Support

My account

Buy now

All Microsoft

Sign in



Introducing Microsoft 365 Copilot—your copilot for work. [Learn more >](#)



Office is now Microsoft 365

The all-new Microsoft 365 lets you create, share and collaborate all in one place with your favorite apps

[Sign in](#)

[Get Microsoft 365](#)

[Sign up for the free version of Microsoft 365 >](#)

microsoft 365



[Download](#)

[Login](#)

[Webmail](#)

[Installation](#)

[System requirements](#)

[Portal](#)

[Images](#)

About 893,000,000 results (0.40 seconds)



Microsoft 365

<https://www.office.com>

Microsoft 365: Login

Collaborate for free with online versions of **Microsoft** Word, PowerPoint, Excel, and OneNote. Save documents, workbooks, and presentations online, ...

Sign in

[Microsoft 365 Apps admin center](#). [Sign in](#) · [Legal](#) · [Privacy](#) ...

Setup Office

Sign in with your Microsoft account and enter your product key to ...

Apps admin center

This site helps IT administrators deploy, manage, monitor and ...

Service Status

[Outlook.com](#) · [OneDrive](#) · [Microsoft To-Do](#) · [Skype](#) · [Office for the ...](#)

[More results from office.com »](#)



Sign in

Email, phone, or Skype

No account? [Create one!](#)

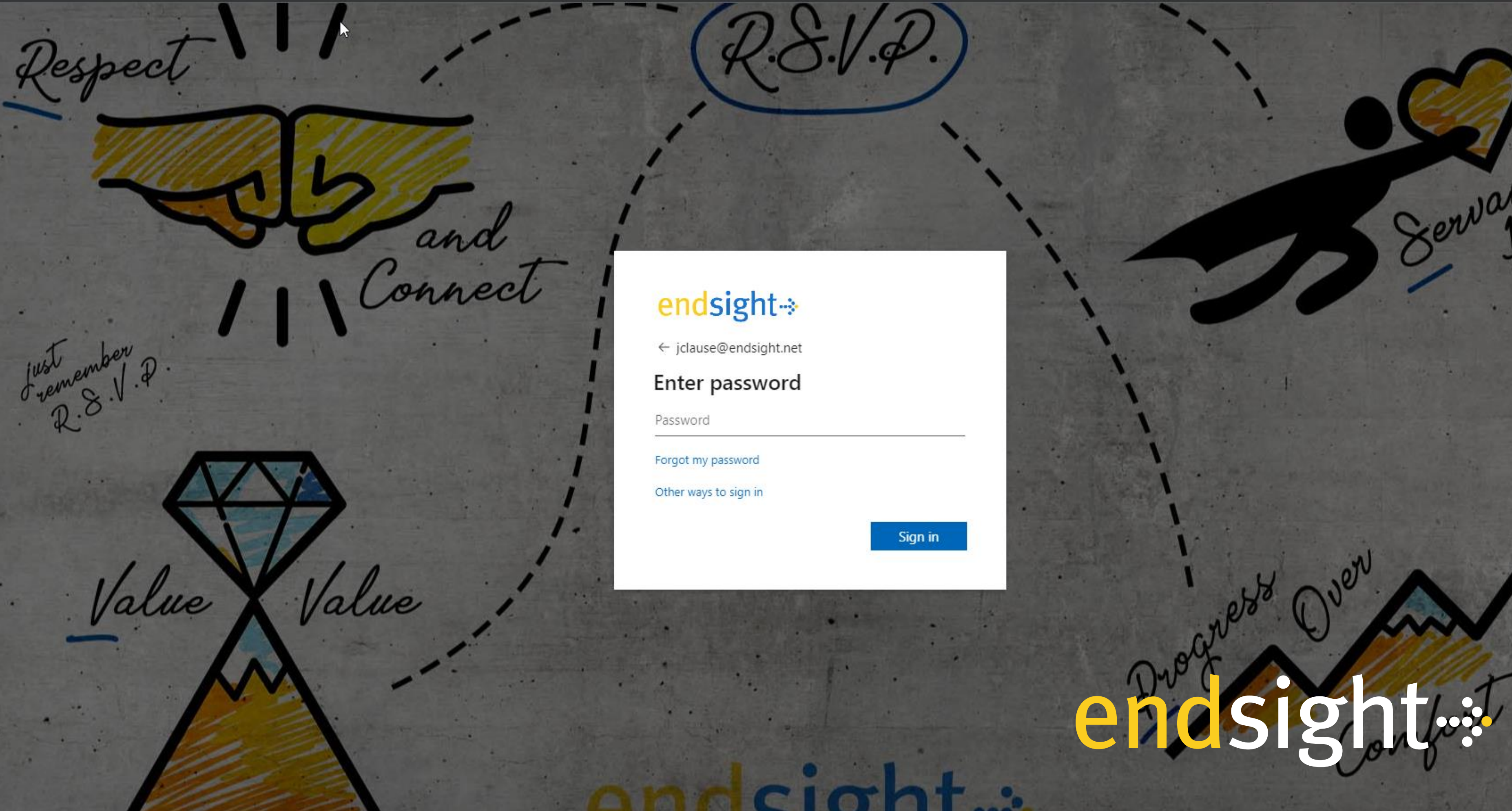
[Can't access your account?](#)

Back

Next



Sign-in options



endsight

← jclause@endsight.net

Enter password

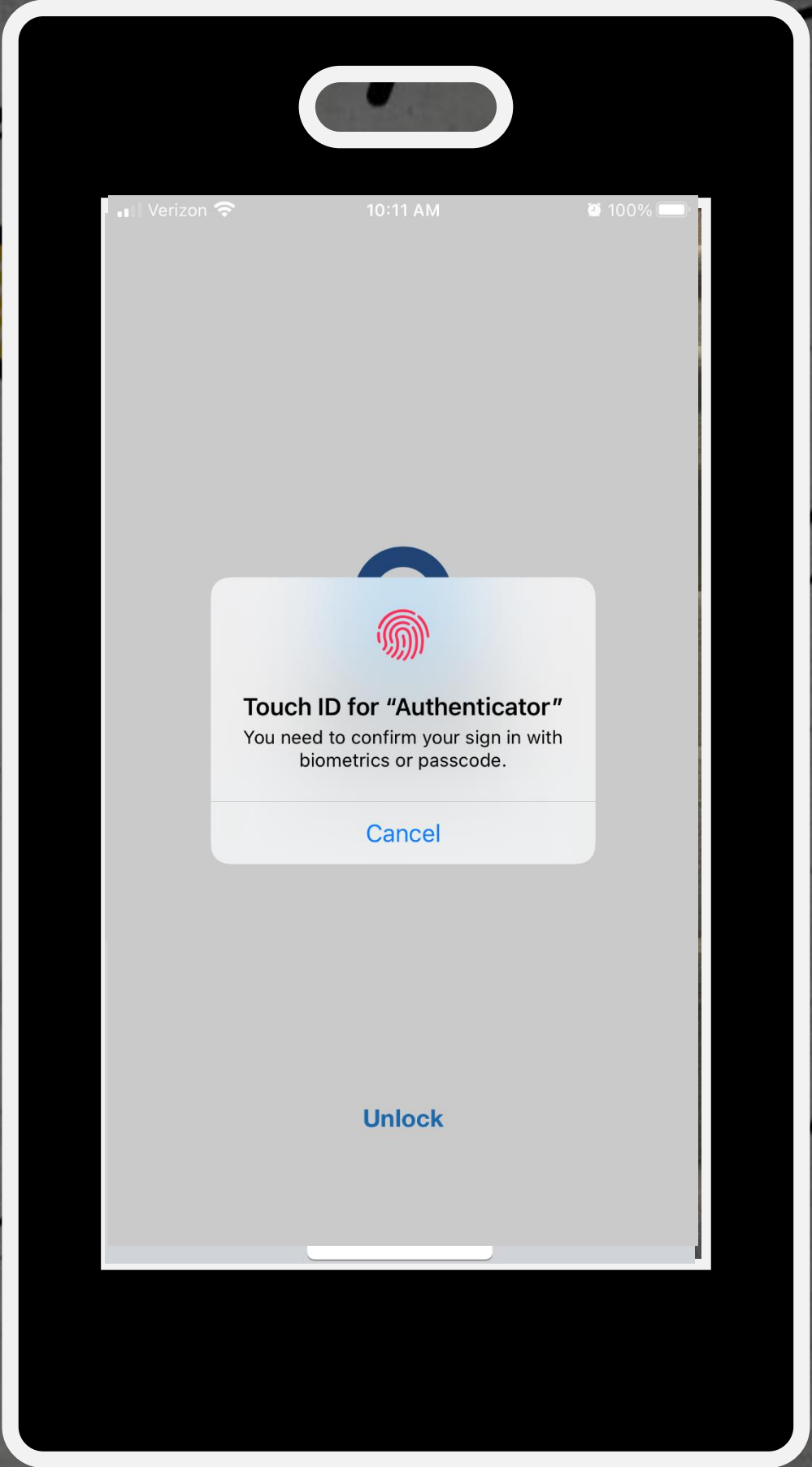
Password

[Forgot my password](#)

[Other ways to sign in](#)

Sign in

endsight



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Approve sign in request

Open your Authenticator app, and enter the number shown to sign in.

75

No numbers in your app? Make sure to upgrade to the latest version.

Don't ask again for 7 days

[I can't use my Microsoft Authenticator app right now](#)

[More information](#)

- Home
- Create
- My Content
- Feed
- Apps
- Outlook
- Teams
- Word
- Excel
- PowerPoint

Microsoft 365

Search

Welcome to Microsoft 365

Install a

Recommended

You edited this 25m ago

Cyber Security Fundamentals Training Ideas for F...

This may relate to a recent meeting Yesterday at 7:00 AM

MarketingTeamOrientationForNewEmployees

John Hall recorded a meeting. Yesterday at 2:42 PM

Hydrate for Health Wellable Raffle Drawing

You edited this Yesterday at 3:58 AM

90DayRockMeeting

Quick access

- All
- Recently opened
- Shared
- Favorites
- +

Upload

	Cyber Security Fundamentals Training Ideas for Future	25m ago	You edited this
	Standards List	4h ago	You recently opened this
	Standards Change Request	4h ago	You recently opened this
	Time Exception	4h ago	Microsoft Power BI shared this with you

MFA Bypass





Sign in

Email, phone, or Skype

No account? [Create one!](#)

[Can't access your account?](#)

[Back](#) [Next](#)

 [Sign-in options](#)

Use multi channel verification.

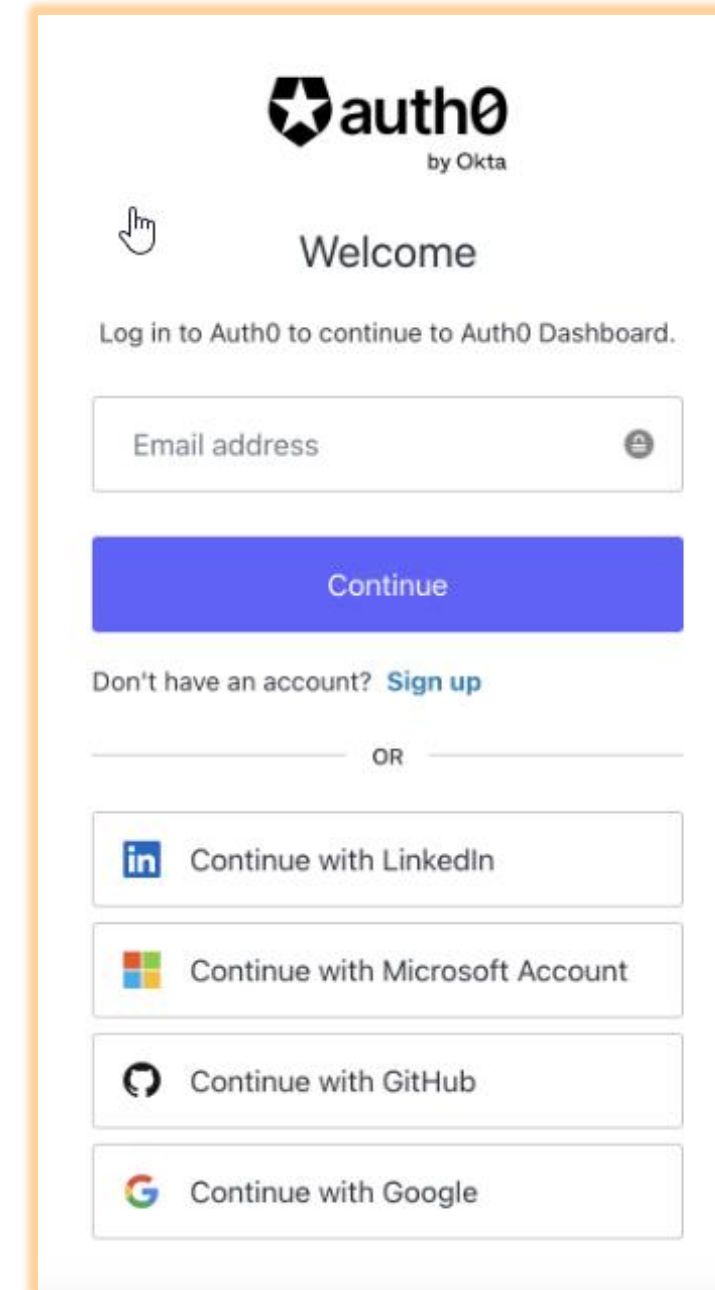


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Identity management

Less access to personal information

Be careful how much permission/access you allow



The screenshot shows the Auth0 login interface. At the top, the Auth0 logo (a star in a circle) and the text 'auth0 by Okta' are displayed. Below the logo, a hand cursor icon points to the 'Welcome' text. Underneath, a message reads 'Log in to Auth0 to continue to Auth0 Dashboard.' A text input field labeled 'Email address' is present, with a lock icon on the right side. Below the input field is a prominent blue 'Continue' button. Further down, there is a link that says 'Don't have an account? Sign up'. A horizontal line with the word 'OR' in the center separates the email login section from the social login section. The social login section contains four buttons: 'Continue with LinkedIn' (with the LinkedIn logo), 'Continue with Microsoft Account' (with the Microsoft logo), 'Continue with GitHub' (with the GitHub logo), and 'Continue with Google' (with the Google logo).

Tapping isn't just easy.....



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Cybersecurity Hygiene

NETWORKS

- 1) Make sure you have a good password on your home network
- 2) Change that password once a year
- 3) If you don't live here, you don't get the WiFi password
- 4) Don't forget about your smart devices!!!



- 1) Good passwords are long
- 2) Good passwords are random
- 3) Humans are bad at randomness
- 4) Password generators matter

Tr0ub4dor &3

- UNCOMMON (NON-GIBBERISH) BASE WORD
- ORDER UNKNOWN
- CAPS?
- COMMON SUBSTITUTIONS
- NUMERAL
- PUNCTUATION

(YOU CAN ADD A FEW MORE BITS TO ACCOUNT FOR THE FACT THAT THIS IS ONLY ONE OF A FEW COMMON FORMATS.)

~28 BITS OF ENTROPY

$2^{28} = 3 \text{ DAYS AT } 1000 \text{ GUESSES/SEC}$

(PLAUSIBLE ATTACK ON A WEAK REMOTE WEB SERVICE. YES, CRACKING A STOLEN HASH IS FASTER, BUT IT'S NOT WHAT THE AVERAGE USER SHOULD WORRY ABOUT.)

DIFFICULTY TO GUESS: **EASY**

DIFFICULTY TO REMEMBER: **HARD**

WAS IT TROMBONE? NO, TROUBADOR. AND ONE OF THE 0s WAS A ZERO?
AND THERE WAS SOME SYMBOL...

correct horse battery staple

FOUR RANDOM COMMON WORDS

~44 BITS OF ENTROPY

$2^{44} = 550 \text{ YEARS AT } 1000 \text{ GUESSES/SEC}$

DIFFICULTY TO GUESS: **HARD**

DIFFICULTY TO REMEMBER: YOU'VE ALREADY MEMORIZED IT

THAT'S A BATTERY STAPLE. CORRECT!

THROUGH 20 YEARS OF EFFORT, WE'VE SUCCESSFULLY TRAINED EVERYONE TO USE PASSWORDS THAT ARE HARD FOR HUMANS TO REMEMBER, BUT EASY FOR COMPUTERS TO GUESS.

WORKSTATIONS



- 1) If you leave it, **LOCK** it!
- 2) Never share your password with anyone!
- 3) Use you work devices for work, your home devices for home
- 4) Continue to leave your computers on at night

Do you know your acceptable use policy?

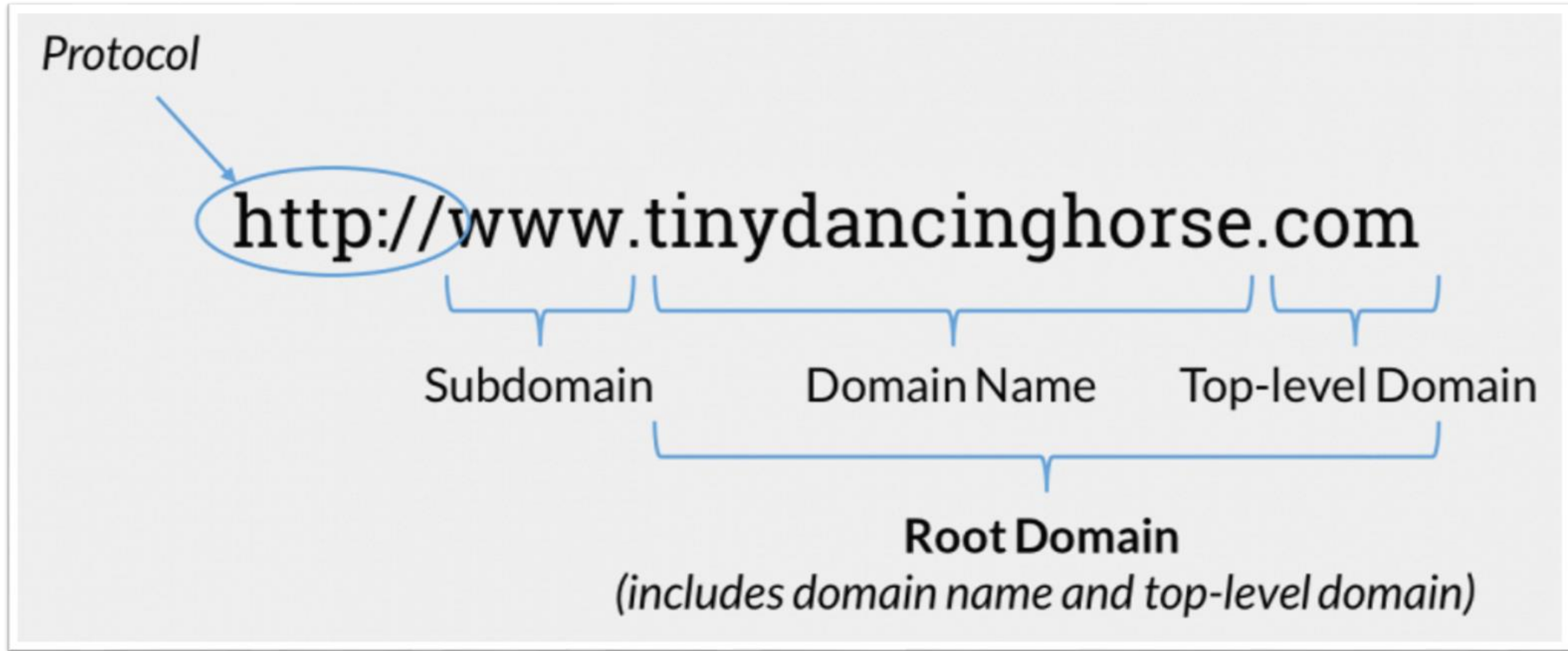
Every company should have one and you should understand it.

WILD, WILD WEB





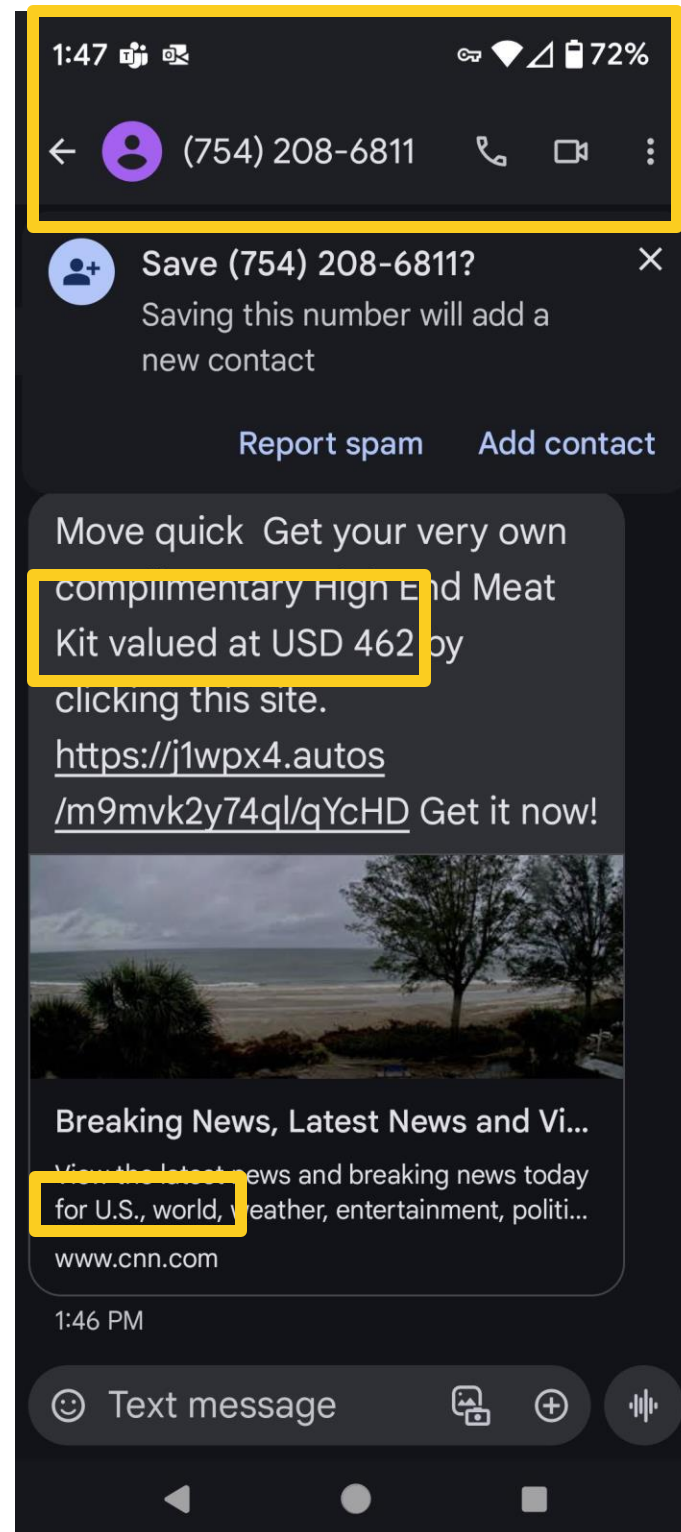
Fake Page



EVIL EMAIL



Look Closely



What's wrong with this text message?



New message



Delete



Archive



Junk



Sweep



Move to



Favorites



Inbox

14



Sent Items



Add favorite



Folders



Inbox

14



Drafts



Sent Items



Inbox



Microsoft Planner

You've been assigned a task! Mon 1:51 PM
Hi Jason, Marrah Goad assigned a new ta...



Spark Hire

Video interview completed... Mon 1:42 PM
Hello Jason Clause, Your One-Way Video...



Spark Hire

Luis Garfias accepted you... Mon 12:59 PM
Hello Jason Clause, Your One-Way Interv...



Matt Isola

Junk

Phishing

Block

Video interview



info=spa
on behal
Spark Hir
Mon 4/12/
To: Jason

SPAR

Hello Jas

Your One-

Grammarly



Share to Teams

Teams

Quick Steps

- Complete
- Tomorrow
- Next Week
- Today
- This Week
- Create and app...

Quick Steps

Move

- Move
- Rules
- OneNote

Move

Tags

- Assign Policy
- Unread/Read
- Follow Up
- Categorize

Tags

Groups

- New Group
- Browse Groups

Groups

Find

- Search People
- Address Book
- Filter Email

Find

Speech

- Read Aloud

Speech

Language

- Translate

Language

Add-ins

- Get Add-ins

Add-ins

Grammarly

- Reply with Grammarly

Grammarly

HubSpot

- Sales Tools

HubSpot

FindTime

- Reply with Meeting Poll

FindTime

Add-ins

- Close

Add-ins

Report Message

Report Message

Junk

Phishing

Not Junk

Options...

Help

Important Notice: Update Required for SonicWall CMS for SMA 1000 Series

SonicWall <hello@sonicwall.com>

To Jason Clause

If you are having problems with how this message is displayed, click here to view it in a web browser.

Reply

Reply All

Forward

Tue

SONICWALL

PRODUCT NOTICE

Update Required for SonicWall Secure Mobile Access (SMA) 1000 Central Management Server (CMS)

Due to enhancements in the SonicWall License Manager communication process planned to occur no earlier than January 1, 2022, SonicWall Secure Mobile Access (SMA) 1000 Central Management Server (CMS) **virtual machines running 12.4 firmware** will need to be updated with hotfix 'pform-hotfix-12.4.1-02698' or newer.

If this hotfix is not installed before the upgrades to the License Manager communication process are complete, the 12.4 CMS agent will no longer be able to sync its license database and a service interruption may occur on your customers' SMA 1000 series device. Other versions of SMA 1000 12.x code are not affected by this update. Customers running CMS 12.4.0 version can install the pform-hotfix-12.4.0-03189.

PERSONAL HABITS (I.T. life hacks)



- 1) Always use a lock screen/password on your smartphone
- 2) Only give out personal or sensitive data on phone calls you've initiated
- 3) Invest in Identity Theft protection of some kind
- 4) Invest in a password manager

Q & A



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???



Everyone and everything online is a
stranger.

Always be suspicious of strangers!

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What do these brands have in common?



amazon

The Amazon logo, featuring the word "amazon" in a bold, lowercase, black sans-serif font with a curved orange arrow underneath it, is centered within a white square box with a blue border.

3 Most Spoofed Brands in Phishing Attacks

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Things That Will Never Happen



- Amazon refusing to do business if you don't 'update your account'.
- Microsoft calling to help with your computer (yes, this call really happened)
- I'm not getting arrested in Thailand (yes, this call really happened)
- You didn't win a prize
- Nobody lost a puppy
- We haven't changed the parking rules
- Nobody needs your gift cards!

Phishing Examples



INV 0021312 Needs Attention



UA<usverw-altung@mg.familyfraternal.com>
to *****

Sun, Sept 22, 2024, 07:12 AM ☆ ↶ ▾

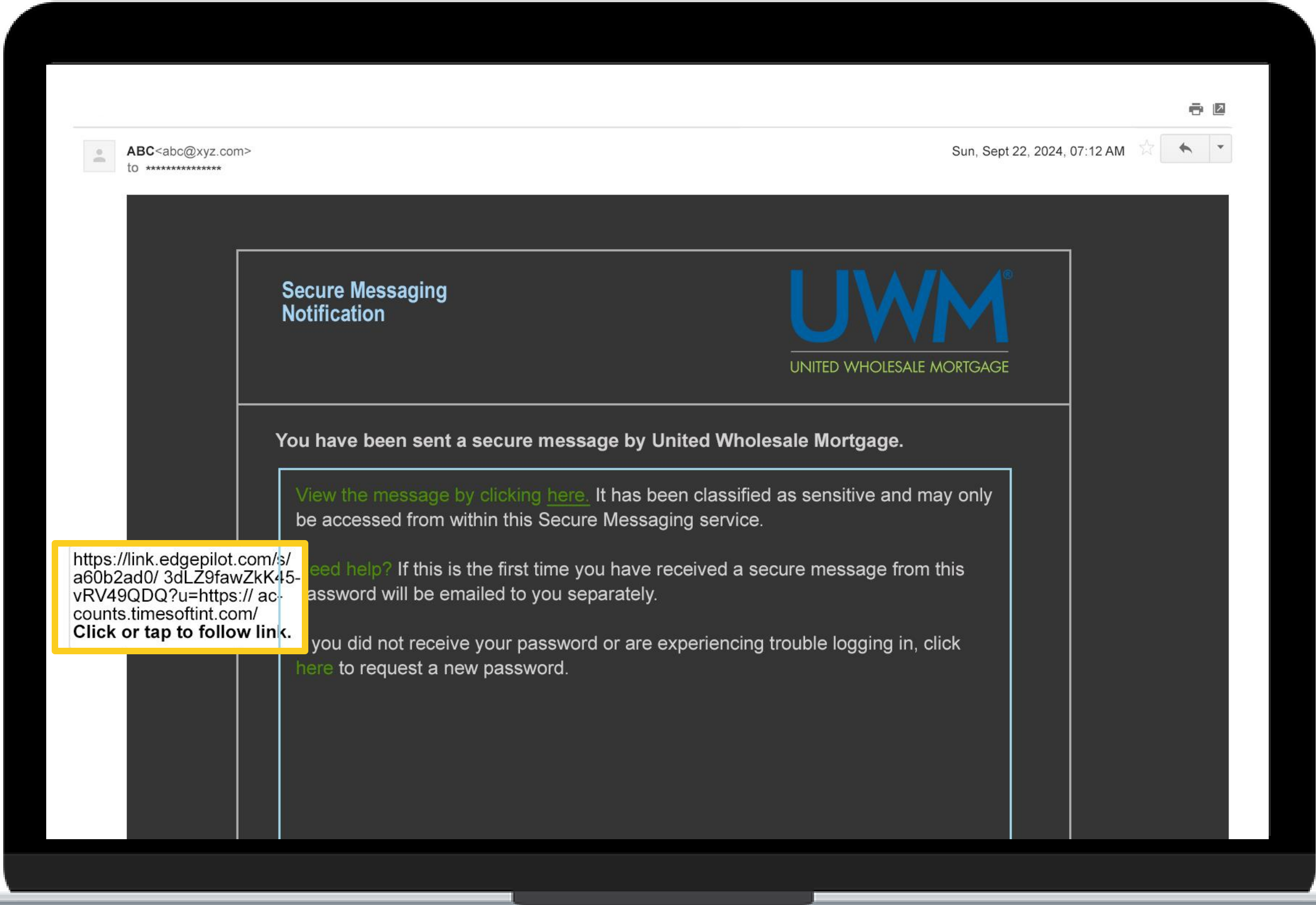
Hello AP,
Attached is the outstanding invoice #0021312. ***** asked me to send it to you. Please see the conversation below for more details. Could you let us know when we can expect the ***** payment for this invoice? We appreciate your prompt attention to avoid any service interruptions.

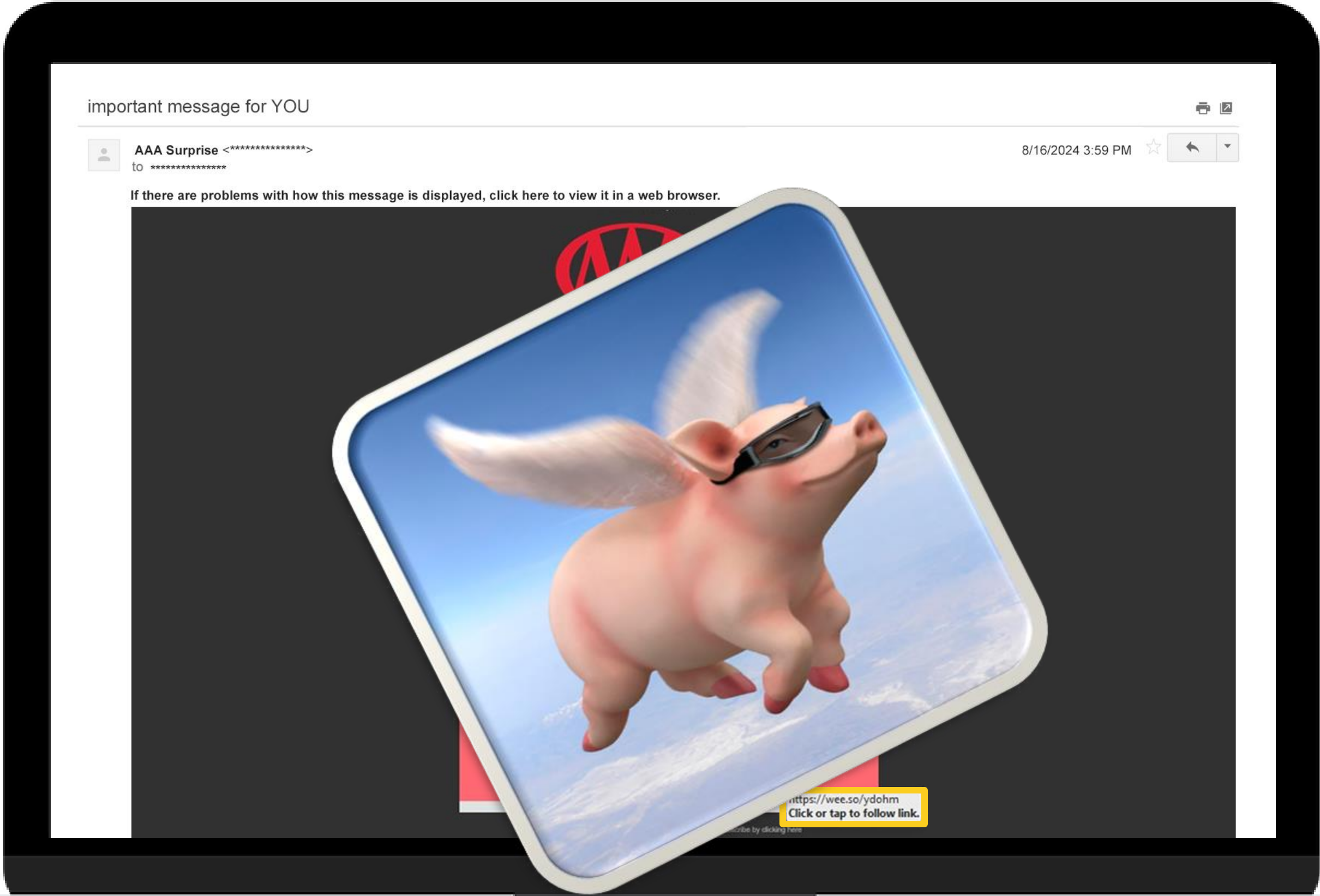
Best regards,
Alex Rhodes
Accounting
***** Technologies LLC

--Forwarded message--

From: *****
Date: Sun, Sept 22, 2024, 07:12 AM
Subject: Re: Your Account is in Good Standing, but Invoice INV 0021312 Needs Attention
To: ***** (*****) Cc: *****

Hello Alex,
As discussed during my Zoominfo onboarding, please send any outstanding invoices directly to We apologize for the oversight.
Kindly forward the invoice to *****and we'll process it today.
Thank you,







DD Update

 **Mike Chaput** <info@tagoresuites.com>
to Accounting <Accounting@endsight.net>

Saturday, May 11, 2024 10:40 AM



-----Original Message-----

From: **Mike Chaput** <info@tagoresuites.com>

Sent: Saturday, May 11, 2024 10:40 AM

To: Accounting <Accounting@endsight.net>

Subject: DD Update

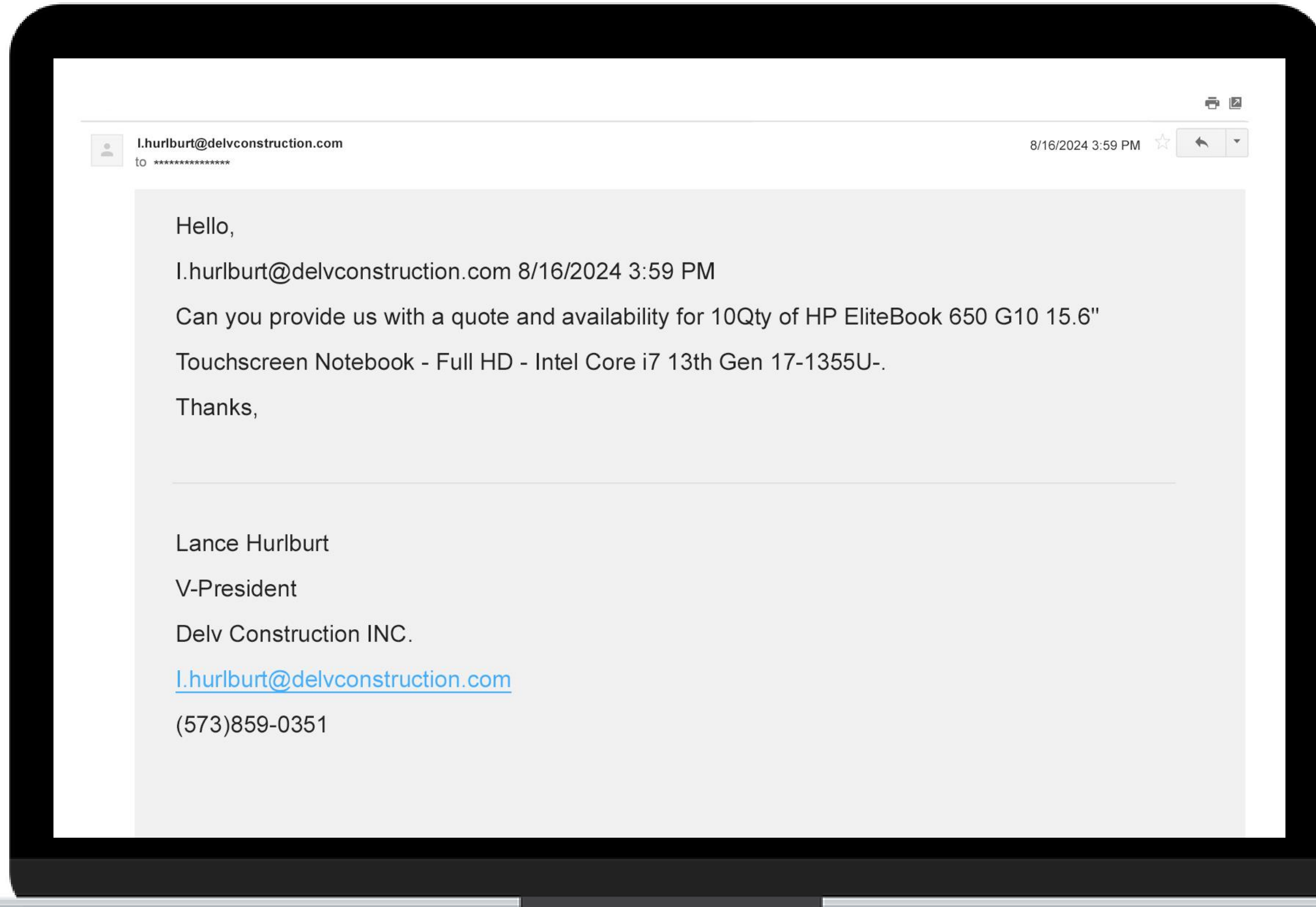
This message was sent from outside the company by someone with a display name matching a user in your organization. Please do not click links or open attachments unless you recognize the source of this email and know the content is safe.


Hi

Are you able to update my direct deposit details in time for the next payroll please?

Let me know what is required.

Mike



 l.hurlburt@delvconstruction.com
to *****

8/16/2024 3:59 PM   

Hello,

l.hurlburt@delvconstruction.com 8/16/2024 3:59 PM

Can you provide us with a quote and availability for 10Qty of HP EliteBook 650 G10 15.6"

Touchscreen Notebook - Full HD - Intel Core i7 13th Gen 17-1355U-.

Thanks,

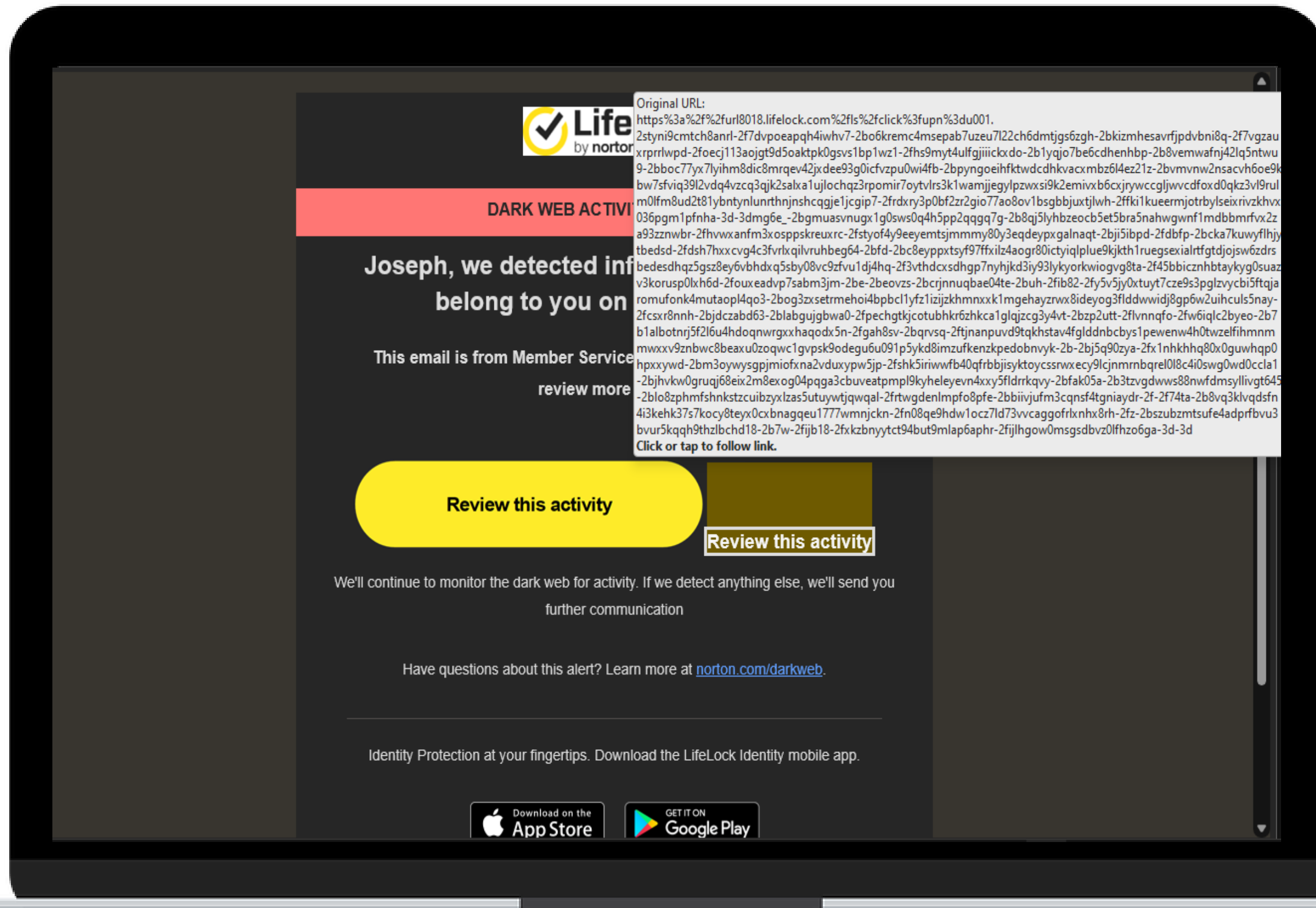
Lance Hurlburt

V-President

Delv Construction INC.

l.hurlburt@delvconstruction.com

(573)859-0351



TAKE OUR PHISH TESTING QUIZ!



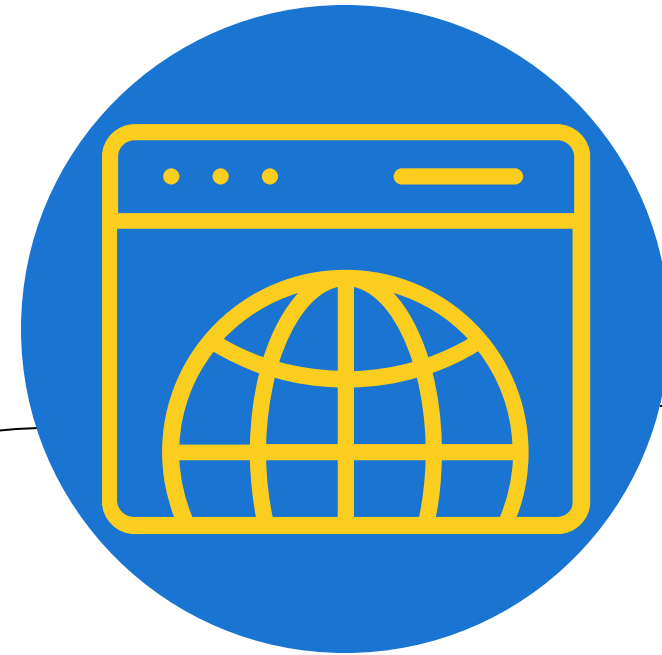
LINK:
GET.ENDSIGHT.NET/PHISH-DETECTIVE



We'll provide a link on the recording page.

endsight 

Learn How Phish Testing can Prevent Cyberattacks



Visit this page

www.endsight.net/phish-test

Talk to your Technical Account Manager



Watch this video

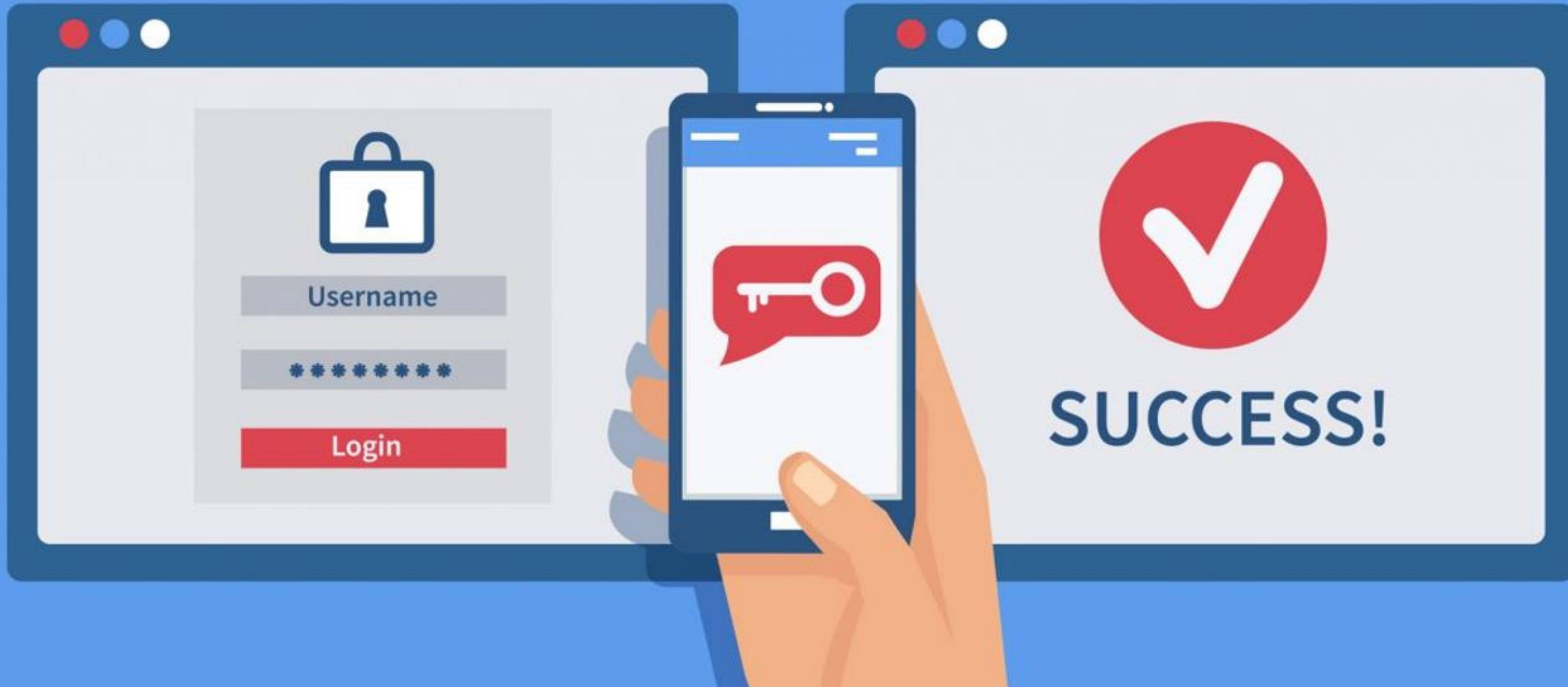
www.endsight.net/phish-test-video



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Recap & Resources

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Dictionary

Search for a word



sus·pi·cion

/sə'piʃHən/

noun

1. a feeling or thought that something is possible, likely, or true.

"she had a sneaking **suspicion** that he was laughing at her"

Similar:

intuition

feeling

impression

inkling

surmise

guess



2. cautious distrust.

"her activities were regarded with suspicion by the headmistress"

Similar:

misgiving

doubt

qualm

wariness

chariness

reservation



For everyone

Scan Here!



Hi there,

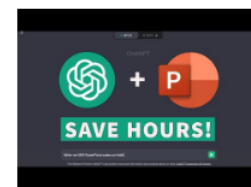
Creating a PowerPoint can be tedious. Perhaps you don't know where to start or how to design your slides. This is where powerful tools like AI can save you time. Check out this week's 365 tip from [IncredSkill PowerPoint](#). The steps given may be complex, but each method is explained with great detail. There is even a cyber tip in this video, never download code or files from untrusted websites!

Although our Microsoft 365 TOW gave a valuable cybersecurity tip in the video, we still have more to share. For those of us in the Bay Area, we may be familiar with [ABC News 7 Bay Area](#). Recently, they did a great, but sad story on victims of a smishing and vishing scam. This video explains how hackers successfully socially engineered victims by using personal information, manipulation, and the lack of scam protection on Zelle.

If something like this ever happens to you, please get off the phone immediately, find a credible customer support number, and call that number to verify the situation.

2 Genius Ways To Use ChatGPT To Create A PowerPoint Presentation

Viewing Time = under 6 minutes



Use AI to Start Your PowerPoint!

Save hours, generate slides using ChatGPT and PowerPoint Designer. [Watch Video](#)

Zelle promises to refund scam victims, but vague rules don't help CA woman

Viewing Time = about 3 minutes



If it sounds suspicious, it's probably a scam

Some call it a good first step from Zelle. But it didn't help a Bay Area woman who lost thousands of dollars. [Watch Video](#)

365 Tip of the Week Email Newsletter

Get a little better every week with
the software you use everyday!

www.endsight.net/365



Cybersecurity Shorts

Our videos are crafted for learners at every level. Rather if you want some important tips or learn some terminology, our videos are here to help you stay secured in this digital world.

- All
- Cybersecurity Fundamentals
- Cybersecurity Services
- Cybersecurity Announcements

Scan Here!



Layered Security

Discover how layered security strategies can protect your digital assets, just like multiple home security measures..



Reputational Damage

[Cybersecurity Fundamentals](#)

Learn how a cyber breach can damage your business's reputation and why proactive cybersecurity is crucial for..



The Case for Phish Testing

[Cybersecurity Services](#)

Discover why phish testing is essential for organizational security and how it can protect your business from cyber..

For everyone



LET'S TALK

Lightning Fast, Worry-Free IT Support

Break free from broken & frustrating, technology

- ⚠ Sluggish response times to IT support issues
- ⚠ Recurring IT problems
- ⚠ The revolving door of "New" IT consultants
- ⚠ The looming feeling of overexposure to a cyber attack
- ⚠ Unexpected IT costs and emergency repairs
- ⚠ No real IT plan
- ⚠ Trouble onboarding / offboarding employees

LET'S TALK ↻

IT Support Services

- Cyber Security Services
- Apps, Analytics & A.I.
- MSSP
- Training
- Office Hours
- Security Shorts

The illustration shows a laptop, a desktop monitor, a tablet, and a smartphone, each displaying a green checkmark icon. A dark grey menu is overlaid on the top left of the illustration, listing various IT services. Two items, 'Cyber Security Services' and 'Security Shorts', are highlighted with red boxes.

Already a Client? Get support in 5 minutes or less.

CONTACT SUPPORT NOW! ↻

Cybersecurity Office Hours

- **May 22nd @ 1 PM PST.**
 - **To register:**
 - Scan the barcode
 - Go to: <https://get.endsight.net/cybersecurity/office/hours>
 - Email akreps@endsight.net to register
 - Answer "Yes" in the poll.
 - We can register you for the next one.
 - To register for all of the remaining 2025 sessions, please email akreps@endsight.net.



AI/Copilot Webinar

- March 13th @ 1 PM PST.
- Title - Microsoft Copilot: What You're Missing and How to Use It Better
- Similar format to Office Hours, but with some training.
 - To register:
 - Scan the barcode
 - Go to: <https://www.endsight.net/development/webinar>
 - Email akreps@endsight.net to register
 - Answer "Yes" in the poll.



Thank you!

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