

My name is Angela Dingle, President and CEO of Ex Nihilo Management, a technology company based in Washington, DC, and I'll be your instructor. For over 25 years, I have worked in the public and private sector, helping organizations to align technology with their overall strategic objectives. Having worked with companies in the private sector and the public sector, like the Department of Defense, Department of Homeland Security, and some of the largest technology companies in the world, I serve as a trusted advisor, helping them to design, build, and implement cybersecurity programs.

As a small business owner, I have sat where you are today and I've incorporated cybersecurity into my overall business strategy.

Throughout this series, I will be sharing my experiences working with leaders and business owners just like you as we work to protect our companies against cyber threats.

This course is the second in a series of three training courses that together provide a multilayered comprehensive training program on

cybersecurity topics, such as strategy, remediations, recovery planning, and maturity models for small and medium-sized business enterprises. Although the content of these courses is designed to build upon concepts covered in each individual course, there are no prerequisites for any of the training courses in the series.

In addition to the instruction, each training course has an accompanying set of resources, including workbooks, handouts, and a recommended reading list. Depending on the topic of instruction, the handouts may be in the form of a checklist, a worksheet, template, or other activity to be completed independently or during the course of instruction. Refer to the resources section to download or print copies of these materials.

This one-hour training course is designed to provide solo practitioners and other small business owners with a self-assessment of their operational capabilities and introduce the tools and techniques that can be used to improve operational readiness as it relates to

cybersecurity. You will gain an increased awareness of cybersecurity as a business risk, including some of the common terminology. You will get an understanding of the steps that are necessary for you to conduct a self-assessment and you will know where to find tools, best practices, and additional resources to improve your operational readiness. You will also get an understanding of how customers are using self-assessments to manage risks in their supply chain and award contracts.