





USER SECURITY

Gain peace of mind in your personal and professional use of digital tools by following this user security training. Contact us now to register!

GENERAL PROGRAM :

- **Introduction to User Security**
 - User security issues
 - The most common types of attacks
- **Security Awareness**
 - The basic principles of IT security
 - Best practices to prevent attacks
- **Password management**
 - How to choose a secure password
 - Tools and techniques to effectively manage your passwords
- **Network security**
 - The risks of public Wi-Fi networks
 - Methods to secure your connection
- **Mobile device security**
 - Threats specific to mobile devices
 - Tips for securing your smartphone or tablet
- **Online security**
 - Protection against scams and phishing attacks
 - Tools for safely browsing the Internet
- **Continued security**
 - Methods to raise user awareness about security
 - Implementing an effective training program
- **Reaction and best practices in the event of an attack**
 - Steps to take in the event of an attack or security breach
 - Good practices to limit damage

Practical information :

-  Theory : 70%
-  Practical : 30%
-  Duration : 1 day (7h)
-  10 participants max.

Prerequisites :

- No installation require

Flexible duration and hours

Our training lasts 1 full day, so 7 hours.

We can adapt to your time constraints if necessary.

Personalization of training

We take your specific needs into account and adapt the training content according to your requirements.



In a digital world where computer attacks are increasingly frequent, user security is essential to protect personal and professional data.