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MiC News

COMING SOON!!

A New Way of Training Cybersecurity Talent

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MNC-CTC

Mary N. Chaney

Cybersecurity Training Center

**A NEW WAY OF TRAINING
CYBERSECURITY TALENT**



MEMBER SPOTLIGHT

Tell us about yourself.

I'm a life coach and creator of the WisdomWork Coaching Approach—a mindfulness-based framework that blends self-mastery, self-awareness, and alignment to help people live with greater clarity, confidence, and flow. As a coach, over the past two decades, I've guided individuals through major life transitions, helping them reconnect with their Essential Self and purpose in practical, grounded ways that lead to meaningful transformation.

My background combines over 50 years in technology and education with certifications in life coaching and hypnotherapy, a BS in Business (Computer Information Systems) as well as an MA in Holistic Health Education from John F. Kennedy University. I bring together mindfulness, NLP, psychology, and integrative practices to support clients in navigating change consciously and creatively. My work is rooted in the belief that clarity leads to alignment, alignment leads to flow, and flow leads us home—to who we truly are.

You've been helping people navigate life transitions for over two decades. What originally inspired you to turn personal growth and mindfulness into your life's work?

It was in grad school that I discovered the field/profession of life coaching and realized that, not only did I have a passion for it, but I had naturally been doing that almost my entire life with friends. And then a course on mindfulness based on the teachings of Jon Kabat-Zinn changed my life. After grad school,



DONALD GERARD

Life Coach

I was laid off from my tech job, which was the perfect opportunity to launch a coaching practice. Incorporating mindfulness and self-mastery to WisdomWork is a recent addition and I think a natural evolution of both myself and my work.

Your work through coaching blends mindfulness and self-mastery. How do you see those concepts supporting professionals in high-stress fields like cybersecurity?

Mindfulness and self-mastery are essential for professionals in high-stress fields like cybersecurity, where constant pressure, rapid change, and high stakes can easily lead to burnout or reactive decision-making. Through mindfulness, individuals learn to pause, focus, and remain present amid complexity—creating mental space for clarity and precision. Self-mast-



-ery builds on that foundation, helping professionals recognize and manage their internal responses so they can lead with calm authority rather than stress or fear. Together, these practices strengthen emotional resilience, sharpen focus, and support more intentional problem-solving—allowing people to perform at a high level without losing balance, purpose, or perspective.

What's one common “blind spot” you notice in leaders or professionals when it comes to managing stress and self-awareness?

One of the most common blind spots I see in leaders and professionals is the belief that awareness alone equals change. Many people can name their stressors, describe their triggers, and even articulate how they “should” respond differently—but they haven’t yet learned to integrate that awareness into embodied practice. True self-awareness isn’t just intellectual; it’s relational and behavioral. Without mindfulness—the ability to notice and redirect our internal state in real time—insight stays stuck in the head. The real transformation happens when awareness meets practice, when leaders learn to pause, breathe, and choose their response instead of being driven by habit.

You’ve worked with so many people navigating burnout and career change, what’s one sign that someone’s out of alignment with their purpose?

The most noticeable sign that someone is out of alignment with their purpose is the loss of passion. When passion fades, even meaningful work begins to feel mechanical—something to get through rather than something to grow through. That spark of enthusiasm that once fueled creativity and resilience dims, and the person often starts questioning their direction or doubting their abilities. It’s not that they’ve lost their talent

or drive; it’s that their inner “why” has gone quiet. Passion is the emotional compass that points us toward purpose, and when it’s missing, it’s usually a sign that the head and heart are no longer in conversation.

If you could give one piece of advice to the MiC community striving for balance between ambition and self-care, what would it be?

If I could offer one piece of advice, it would be to remember that your well-being is part of your success, not separate from it. In a field as demanding and fast-moving as cybersecurity—especially for those navigating the added pressures of representation and visibility—it’s easy to equate constant striving with strength. But true strength includes rest, reflection, and renewal. Mindfulness and self-mastery teach us that balance isn’t about doing less—it’s about doing what matters most from a centered place. When you ground your ambition in self-awareness and self-care, your focus sharpens, your creativity expands, and your confidence becomes sustainable rather than situational.

Tip for the month?

When goals and activities are in alignment with values, belief, identity, and purpose, clarity naturally creates flow—making the new year less about forcing progress and more about allowing it.

Any fun facts you'd like to share with our readers?

Researchers are developing “Aqua-Fi,” underwater internet that lets divers send selfies from the deep — proof humans will find Wi-Fi anywhere.



Cyber Hygiene as Self-Care, Everyday Habits for Digital Security

by Enoje “Eny” Awevia



When you leave your house at night, you probably lock the front door without thinking twice. It's second nature. But in our digital lives, many of us leave doors and windows wide open without realizing it. That's where cyber hygiene comes in.

Cyber hygiene is the practice of taking small, consistent steps to protect your online presence. Just like brushing your teeth or exercising, it doesn't have to be complicated, but it does need to be consistent. In the same way that self-care keeps us healthy and balanced, cyber hygiene helps us feel secure and confident in an increasingly connected world.

Cybersecurity is often viewed as something that only big organizations or IT teams worry about. The truth is, every one of us is a target. Whether it's a phishing email disguised as a message from your bank, a reused password that's been leaked somewhere online, or personal information shared a little too freely, our digital footprints are bigger than we think.

Most cyberattacks don't happen because hackers are brilliant. They happen because of small lapses like clicking a suspicious link, ignoring a software up-

-date, or leaving an account unprotected. These small cracks are all it takes for attackers to slip in.

The good news is there are a few simple habits that can close those gaps before they become problems. Cyber hygiene doesn't just protect your data, it protects your peace of mind.



Everyday Cyber Hygiene Practices

Here are some simple habits that make a real difference that we can put into practice:

1. Use strong passwords and enable MFA.

Don't reuse the same password across accounts. Password managers can generate and store unique ones for you. Always turn on multifactor authentication, it's like adding a second lock to your digital door. Please ensure that you trust and understand how the password manager protects your password(s).

2. Think before you click.

Phishing emails often look convincing. Take a moment before clicking a link or downloading an attachment. If something feels off, it probably is.

3. Update regularly.

Software updates may be annoying, but they fix security holes before attackers can exploit them. Think of updates as regular check-ups for your devices.

4. Secure your devices.

Use PINs or biometrics to lock your screens and never leave devices unattended in public places. When connecting to public Wi-Fi, use a VPN to keep your data private. These small habits go a long way in keeping your data safe.

5. Back up your data.

Whether it's personal memories or professional work, create regular backups using a trusted cloud service or external drive. It's the simplest insurance policy against ransomware or accidental loss.

6. Be mindful on social media.

Limit the personal information you share online. Cybercriminals often use public posts to guess security questions or impersonate users.

7. Check your privacy settings.

Review the permissions granted to apps, browsers, and online accounts. Revoke access that's unnecessary or outdated.

8. Use antivirus and firewall protection.

Keep security software active and updated, it acts as your digital first line of defense.

9. Stay informed about security news.

Cyber threats evolve quickly. Following trusted cybersecurity sources or communities helps you recognize new scams and stay a step ahead.

Leadership and Culture

Cyber hygiene isn't just an individual habit, it's a shared responsibility. In teams and organizations, leaders set the tone. When leaders model good security practices and make awareness part of everyday conversation, they help create a culture where security becomes second nature.

In my own experience, I've seen how small, consistent conversations around safe practices can shift team behavior. It's not about policing others, it's about empowering people to take ownership of their digital safety and feel confident doing so.

Cyber hygiene isn't about fear, it's about empowerment. Just like self-care routines build resilience, good cyber habits strengthen your digital well-being.

You don't need to do everything at once. Start small. Update your phone today. Turn on multifactor authentication tomorrow. Each step you take builds a stronger, safer foundation for your digital life.

At its core, security isn't just about technology, it's about people. Protecting your digital life is one of the most personal acts of self-care you can choose.



MiC Announcements

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Register for the 2026 MiC Annual Conference!

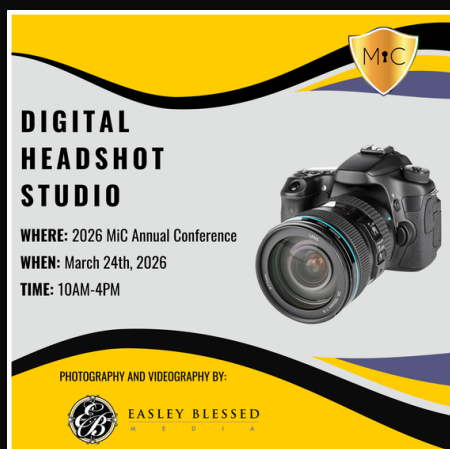
Day 1 Agenda

Day 1 is announced! Get ready to dive in.



Digital Headshot

Level up your look! Step into our studio.



Day 2 Agenda

Don't skip the sequel. Day 2 agenda announced.



Room Block

Official rooms. Zero commute. Book the block



Registration is open. Register here: bit.ly/MiC2026

MiC Holiday Happy Hour: Join Us on **November 14, 2025**

MiC Drop Prep™ Session: Coming up on **November 04, 2025**