



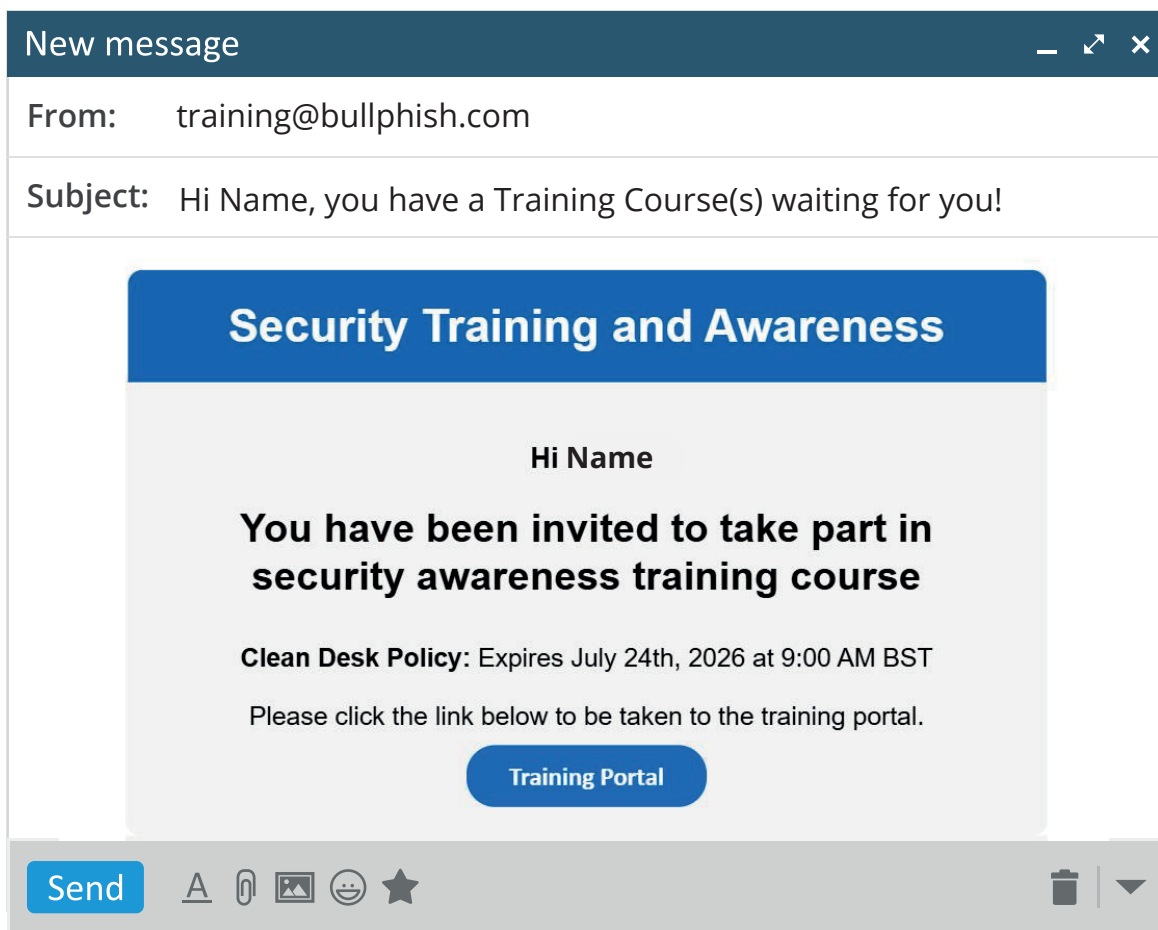
# Cyber Security Awareness Training

With the threat of cybercrime continuing to rise, it's never been more important to improve your awareness of the strategies used by cybercriminals to gain access to your network and information.

To help you learn how to protect your personal and professional information, you will shortly receive access to our cyber security training portal.

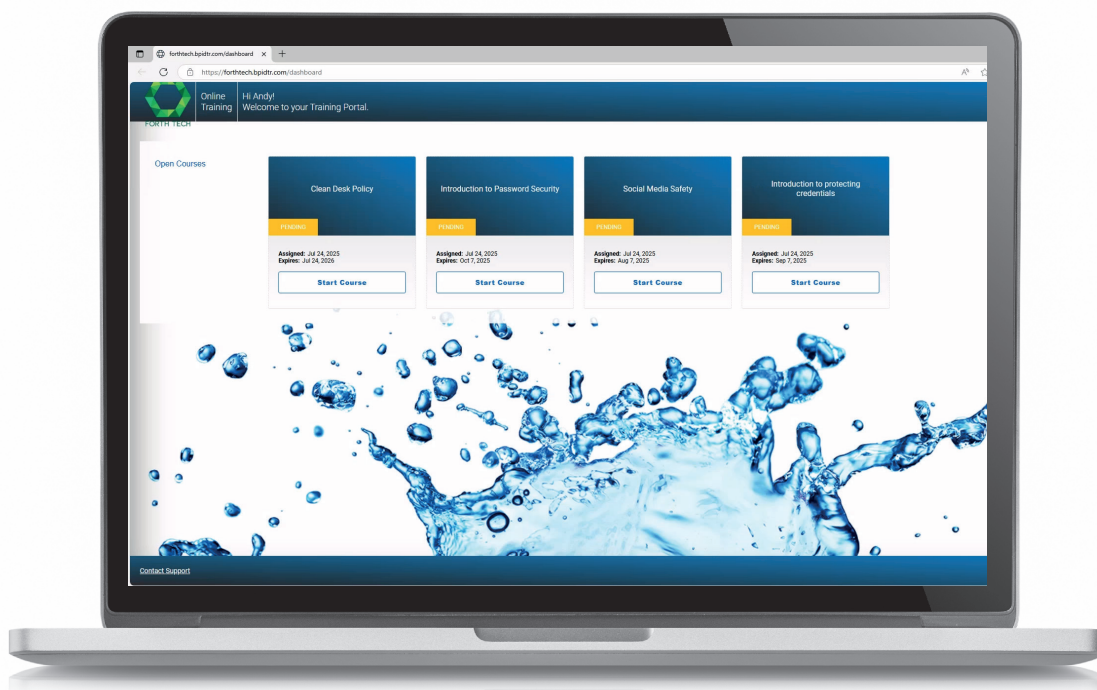
Please follow the steps below to start your training:

You will receive an email, just like the one below from training@bullphish.com – our cybersecurity training partners.

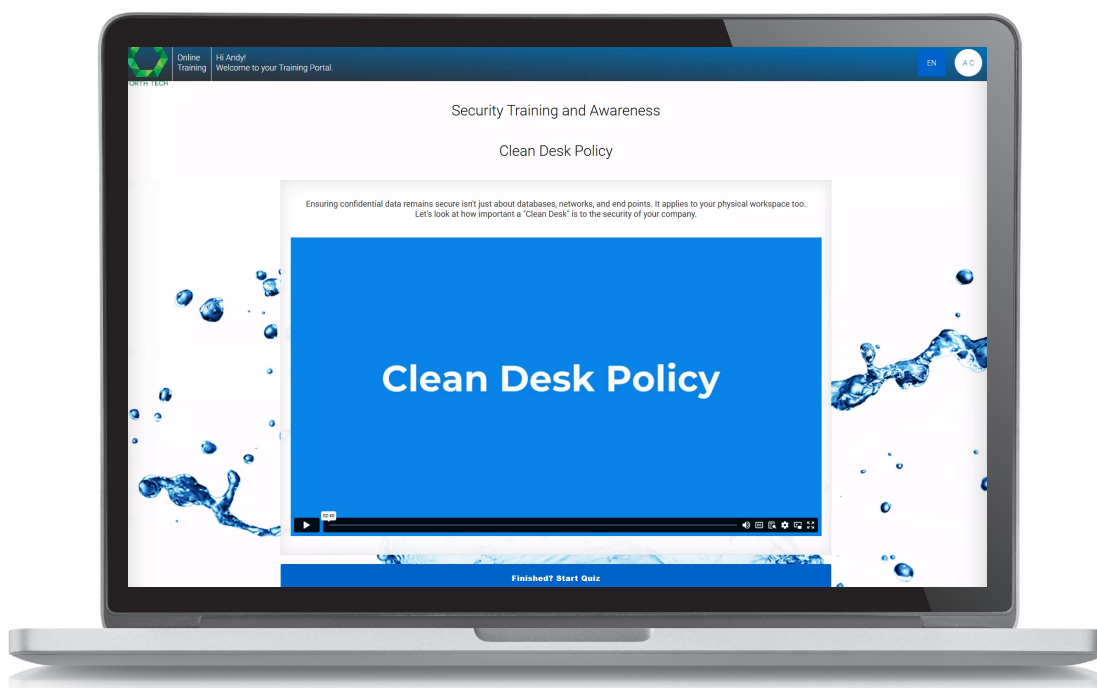




Click on the 'Training Portal' link and the portal will open in your browser.

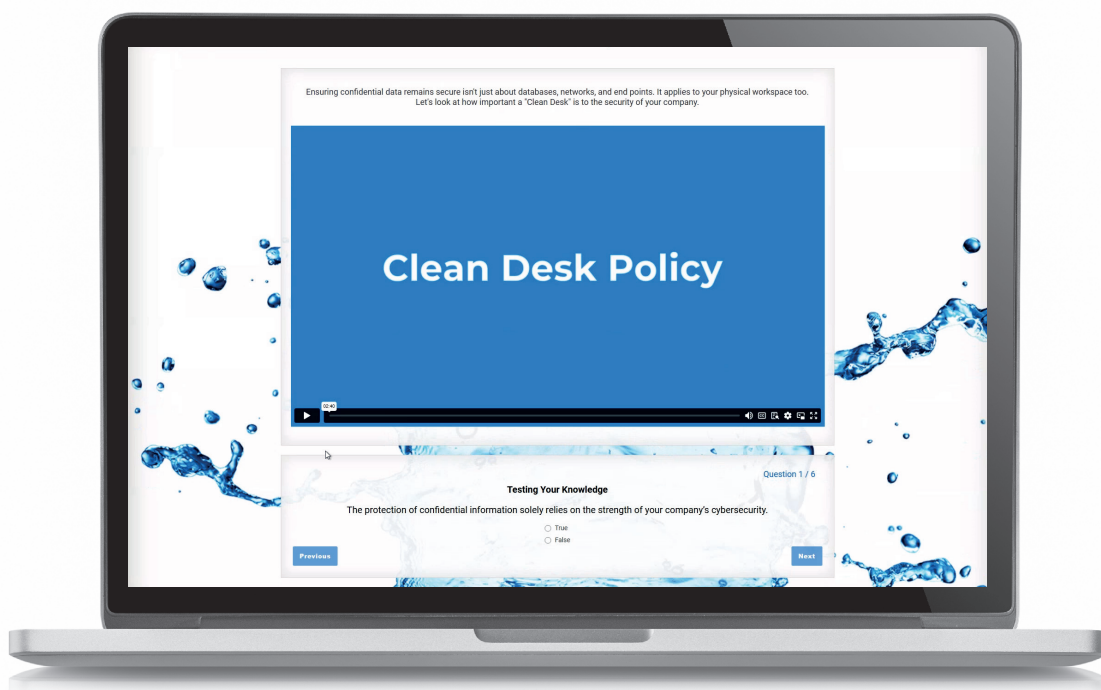


When you arrive at the portal, you will see courses that have been assigned to you. Simply click on the course that you'd like to take and click on the video to begin.





Most training videos are less than 5 minutes long so they can easily fit into your schedule. Once you've watched the video, you should complete the short quiz beneath to test what you've learnt.



Once you have completed a course, it will be marked as 'Complete' and shown separately beneath the other courses.

**Good luck! If you have any questions about accessing or using the training portal, just contact our team on 0333 9000 100 or email [support@forthtech.co.uk](mailto:support@forthtech.co.uk).**