

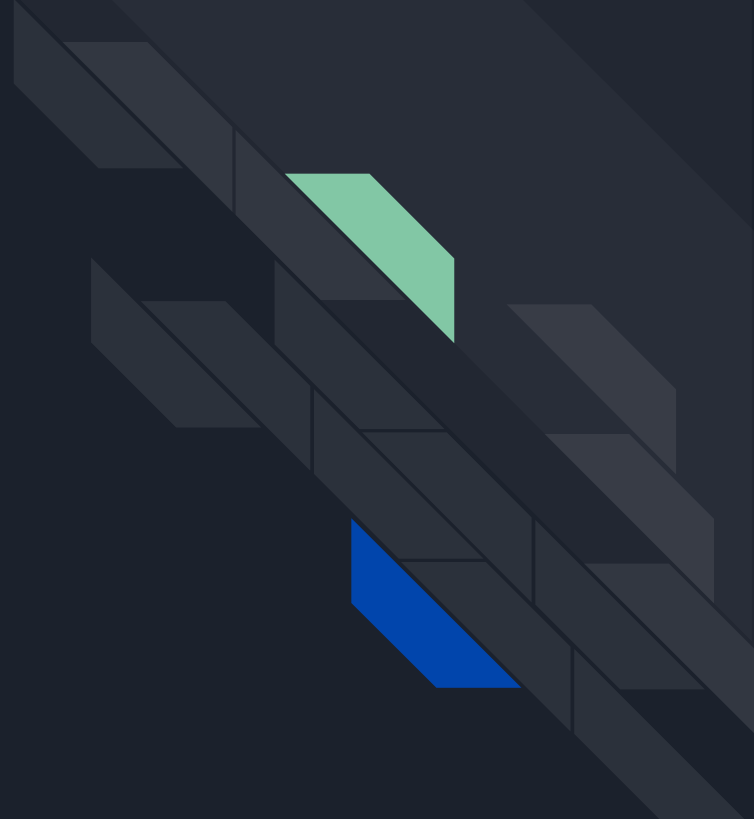


5 Things to Prepare You For Career Growth in 2024

By: TEKsystems' Raleigh Risk &
Security Team

*Disclaimer: Please note that this presentation is
the professional viewpoint of the individuals
presenting, not TEKsystems as an organization.*

Tip #1: Update Your
Resume





Update Your Resume

- Update your resume with Projects you were apart of and what you specifically were able to accomplish, and what tools you were using in that project. As well as any classes you took part in.
- Add any relevant certifications you achieved during the year with Cert #, as well as any relevant trainings that you completed
- Make sure to have your correct Phone #, Email Address, LinkedIn URL, etc.
- Clear, concise, bullet points about what you were able to accomplish. Not long winded sentences.



Resume Do's

Lead with a Verb.

Staff Security Engineer

~~Redacted~~ | Atlanta GA | 11/2015 – 01/2022

Design, and implement enterprise level information security systems. PCI Audit response and remediation and mitigation of security systems in a large enterprise with over 700 locations and 100,000 employees.

- Lead the design and implementation of CrowdStrike to over 90K devices including Windows/Mac/Linux desktop and servers.
- Designed URL Control Policy and logging infrastructure for Zscaler ZIA and ZPA.
- Design solutions to get logging from Azure, GCP and SaaS solutions into SIEM (Log Rhythm and Elastic)
- Mitigated a wireless vulnerability and PCI finding, by leading a team of contractors and employees to deploy an infrastructure change to create an isolated VLAN across 700 locations.
- Designed and implemented Cisco FirePower (IPS) to meet PCI requirements. Improved Security detection scope by expanding detection coverage to non-PCI environments.
- Lead multiple teams to build and deploy Carbon Black Response to 50,000 users nationwide.
- Designed the security stack for the interconnection between private data centers and multiple cloud vendors.
- Provide solutions to remediate and mitigate findings from PCI and SOX compliance audits.



Resume Don'ts

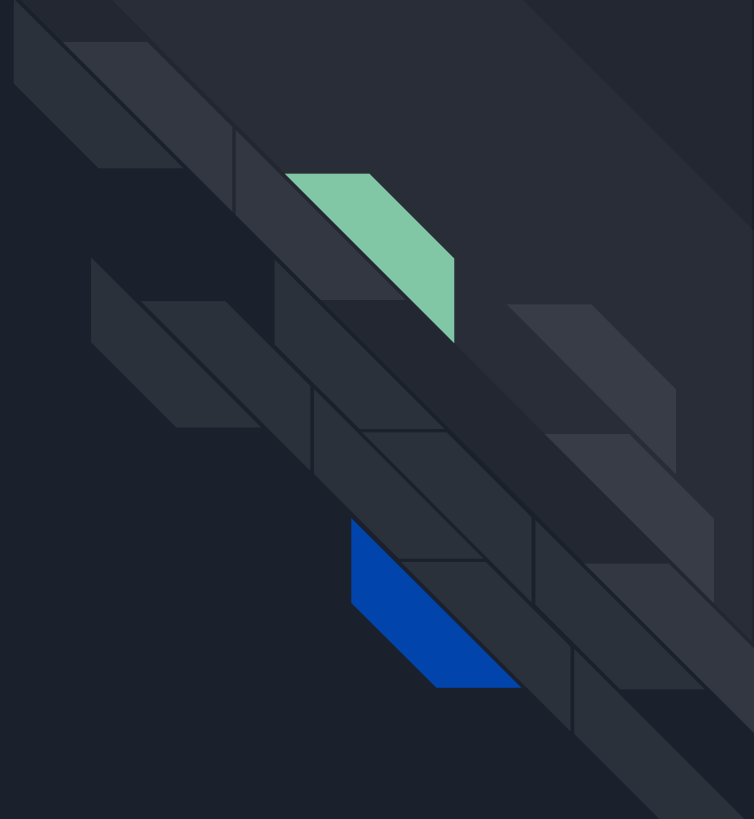
Senior Cybersecurity Engineer

September 2021 – March 2022

Configured, deployed, and maintained F5 Web Application Firewall solution. Developed advanced alerts/reports to meet the requirements of Senior management. Developed automation for security tools management and workflow integration.

- SecOps responsible for a wide range of security technologies
- Managing security testers to engage in Vulnerability Assessment
- Remediation of ~~Pentested~~ issues.
- Python and Bash scripting
- Data Loss Prevention
- Threat Intelligence Gathering and vulnerability scanning, management, and reporting
- Report Writing and presenting
- Web Application Firewall Deployment

Tip #2: Set Your Goals for
2024





Why Do Goals Matter?

- Create a sense of purpose
 - What am I working towards?
 - Strive for success
- Building belief in yourself
 - Setting and accomplishing goals creates confidence in yourself
 - Goals keep you motivated
- Measures Progress
 - How can you measure success if you don't know what success is for you?
 - Holding yourself accountable



Professional vs Personal

Personal Goals:

- Communicate your goals to others in your life
 - Accountability partners push you
 - The more you speak it, the closer you get to accomplishing it
- Control what you can control
 - Prevent yourself from being overwhelmed
 - Create clarity for other areas in your life
- Personal Development
 - Slight edge mentality - “Simple things compound over time”
 - What does this next season look like for me?

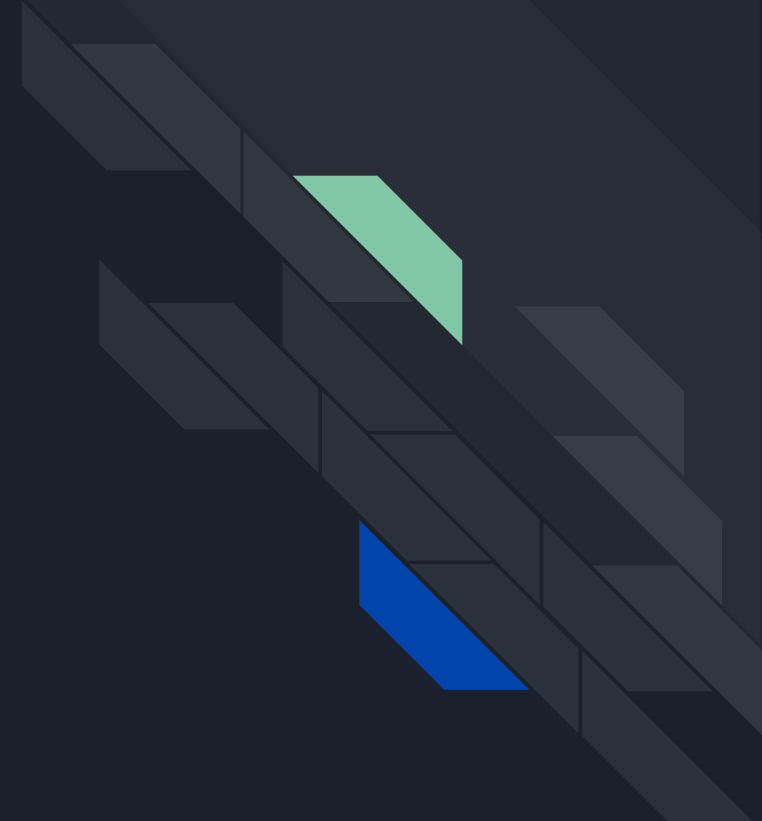


Professional vs Personal

Professional Goals:

- Communicate your goals to your supervisor/team
 - Higher level of accountability
 - Keep it front of you, and keep the dream alive
- Set milestones
 - A timeline to accomplish goals creates urgency
 - Creates better habits and increases focus
 - Allows you to adjust and reset goals
- Celebrate the small wins
 - Take pride in what you do
 - Small wins compound into big wins
 - 1% close mentality

Tip #3: Determine What
Networking Looks Like In
2024





Networking in 2024

A strong network delivers a significant professional advantage.

- 46% used friends to discover job openings*
- 39% utilized social media*
- 25% used professional connections.*

Overall 79% of professionals consider networking an essential part of their career success.**

Now How do we determine what networking looks like....

*According to jobvite recruiter nation study

** According to a study done by LinkedIn



Determine how YOU want to Network.

Preparation

Networking begins before attending an event or pursuing an opportunity.

- Set up learning goals
- Take time to do some research.
- Find specific people you want to connect or reconnect with (Quality over Quantity)

mini-tip : Build your personal brand.



Different Examples of Networking in 2024

1. Digital Networking

- a. 25% Established new partnerships.**
- b. 35% Received new opportunities.**
- c. 61% Agreed to regular online interaction.**

** Study done by linkedIn

1. Attend In Person and Hybrid Networking Events.

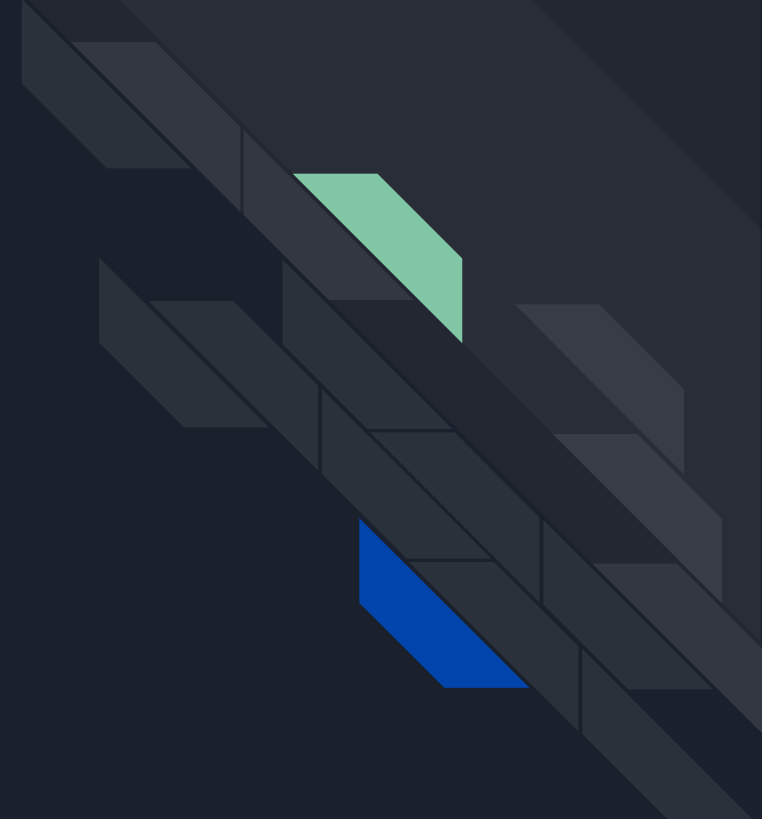
- a. Traditional face-to-face networking will never go out of style.
- b. Its digital form offers incredible convenience and efficiency.


1. Join Niche communities

- a. Niche communities offer specialized knowledge and connections that broader networking events can't replace.
- b. Seek out such forums, events, platforms, or even social media groups can provide much-needed industry insights and high-quality connections.

Mini-tip: Stay current

Tip #4: Find A Mentor or
Update Your Current
Mentor with Your 2024
Goals





Finding the Right Mentor for You

- Relevant Experience/Trajectory
- Aligned Career Goals

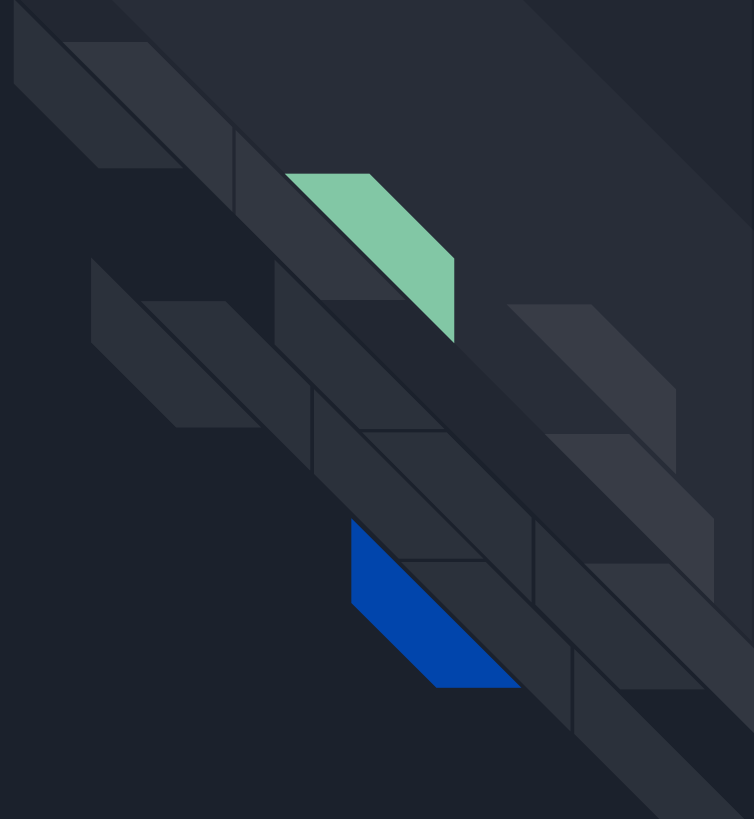
Where to find a mentor?

- Your network
- LinkedIn
- Current Workplace
- Meetup Groups/Conferences

What to do After Establishing a Mentor:

- Build the Relationship - Follow-Up/Maintain Contact
- Seek Feedback and Guidance

Tip #5: Mental/Physical Health Is Just As Important For Achieving Your Career Goals. Set Yourself Up For Success!





Mental health around the holiday season

“In 2014, NAMI found that 64% of people with mental health struggles say the holidays make their conditions worse. A 2021 survey showed that 3 in 5 Americans feel their mental health is negatively impacted by the holidays”



What can we do to combat this?

Sunlight - Boosts mood and regulates sleep

- **Work near a window**
- **Warm, bright lights near your work station**
- **Take a walk outside during lunch**

Physical Exercise - Produces stress-relieving hormones and improves your overall physical health

- **Find an exercise you find fun**
- **A daily walk, biking/dance class, resistance training, or yoga.**
- **Finding an activity outside is best case scenario, getting in that sunlight and time in nature**

Sleep - Mental health conditions can disrupt sleep, and lack of sleep can affect mental health

- **Steady sleep schedule**
- **Finding ways to wind down before bed**
- **Dimming light and putting away electronics an hour before bed**
- **Sleeping in a cold room**



Thanks For Listening! Need to Reach Us?

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