



# CYBER WORKFORCE TRAINING & EXERCISES

*Empowering the Cyber Workforce to combat the latest cyber threats*

## Cyber Workforce Training

Hands-on, simulator-based instruction, tailored cyber training, cyber curriculum development.

## Workforce Development Training & Education

CyberCENTS offers cyber operations training courses, ranging from basic to advanced skill levels. Training takes place within our Cyberoperations Enhanced Network and Training Simulators (CENTS®), which is a line of four emulated network training environments. Students freely engage within the virtual environment, fostering learning. Our proven training can be selected from a catalog, or we can customize training to meet your needs. Our classroom courses are available on the NICCS™ website: <https://niccs.cisa.gov/training/search/light-cybercents>, and they include a portfolio of National Institute of Standards and Technology (NIST) National Initiative for Cybersecurity Education (NICE)-based topics for use by all cybersecurity training and assessment needs, as well as customized packages aligned to your organization's needs.



1-618-624-7800 | [cybercents.sales@bylight.com](mailto:cybercents.sales@bylight.com)  
1472 N. Green Mount Rd., O'Fallon, IL 62269

[www.cybercents.com](http://www.cybercents.com)





## Cyber Exercises

Creation, collaboration, and execution of cyber tabletop and live action (hands-on) activities.

### Exercise Planning & Execution

Our exercise planners can work with you to determine a “best fit” mix of scenarios to challenge players and integrate those with our CENTS product line. Our exercise services provide technical assistance on the details that contribute to the overall value and strength of the exercise—the various controls, criteria, expectations, tools, scripts, requirements, situations, and other issues. Cyber technical advisors develop scenarios mapping to exercise objectives and monitor the progress of the activity. A post-exercise analysis is a reflective look at the entire exercise highlighting what was learned, the responses, and the outcomes. An initial quick look is obtained at the conclusion of the exercise while the event is fresh on every mind. Feedback is gathered from all participants and utilized for refining future exercises.

## Competitions

Cyber range-based, force-on-force or capture-the-flag competitions, competition planning and execution.

### Competition Planning & Execution

CyberCENTS' accomplished planners know that cyber competition requires a special set of considerations apart from standard exercises. Capture-the-flag competitions can be played with teams on the cyber playing field. Another option is a force-on-force cyber competition (Red vs. Blue). In either case, our trainers and engineers will work with you to align network resources with competitive goals. Cyber competitions can be formulated to support advanced concepts applications, team skills refinement, or force-on-force operations and rehearsals. CyberCENTS planners employ the use of hands-on constructive cyber environments to focus on these specific skills and learning outcomes in a robust, realistic cyber environment.



## Commercial & International

Multiday cyber range-based events exercising corporate cyber readiness or for use in identifying and recruiting top-notch talent.

### Commercial & International Security Exercises

Our commercial exercises are hands-on cyber engagements for industry cyber response teams. Exercise objectives focus on industry best practices and emerging policies. Exercising your existing policies and procedures, operators are put through scenarios where they must detect, recognize, respond to, mitigate, and recover from an on-going cyber-attack in an operational environment. Output provides the client with information needed to develop a remediation plan to improve readiness.