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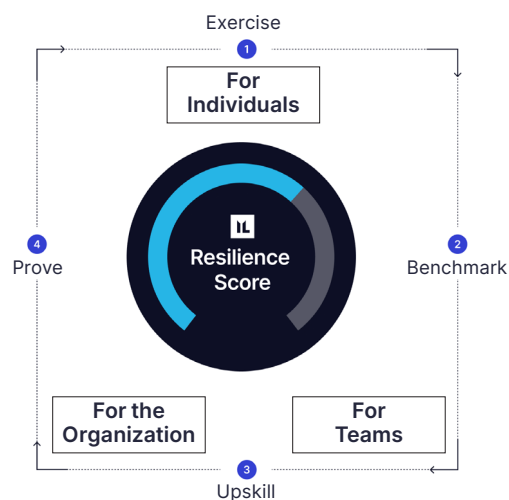
Continuously build and prove your Cyber Workforce Resilience

How do you know your organization will be resilient in the face of ever-increasing and more sophisticated cyber attacks?

All the latest tools and technology are not enough to ensure resilience; people and teams must have the right capabilities and make the right decisions when it counts. We are pioneering an entirely new approach to people-centric cybersecurity that enables organizations to assess, build, and prove their ability to effectively prepare for, and respond to, the latest cyber threats.

In a world where risks evolve at lightning speed, true resilience requires people and teams to learn continuously and work together seamlessly. At the same time, legacy check-box training and paper certifications aren't up to the task. Trusted by world's largest organizations and governments, our immersive exercises and labs improve the cybersecurity capabilities of the entire workforce, facilitating a fundamental shift in how organizations prove team performance and reduce risk, from the store room to the board room.

Exercise
1
For Individuals

Resilience Score

4 Prove

2 Benchmark

For the Organization

For Teams

3
Upskill

For Individuals

Hands-On Labs offering engaging, gamified learning environments

- Defensive Cybersecurity Professionals
- Penetration Testers
- Developers
- Application Security Experts
- Cloud and Infrastructure Security
- Entire Workforce

For Teams

Team-based simulations from the store room to the board room

- Executive Teams
- Crisis Management and Incident Response Teams
- Offensive, Defensive and SOC Teams

For the Organization

Skills development exercises that drive transformative behavioral change

- Senior Leaders
- Front-line Employees
- High-risk Targets of Cyber Attacks

Trusted by the world's largest companies, governments, and defense organizations

HSBC · Pfizer · citi · Humana · McLaren · nationalgrid

# Cyber Workforce Resilience Approach

Even the latest tools and technology are not enough, while legacy cybersecurity training and certifications are failing to ensure resilience.

Organizations need to approach people-centric cybersecurity capabilities and performance with an entirely new level of rigor. **They need to know how their teams will respond to an incident or breach** - and prove it to their Boards, insurers, and customers. Realistic exercises that span from executives down to the most technical teams can **unlock new levels of real-world performance measurement and evidence.**

Cyber Workforce Resilience Principles

Even a great tech stack isn't enough. People can be your biggest liability or your best asset. All the latest technology won't help if your people and teams don't have the right capabilities or make the right decisions.
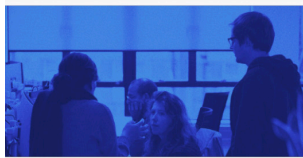
Defense is a team sport. No single cyber professional can stop an attack, but at the same time, teamwork doesn't happen naturally. It requires deliberate practice.
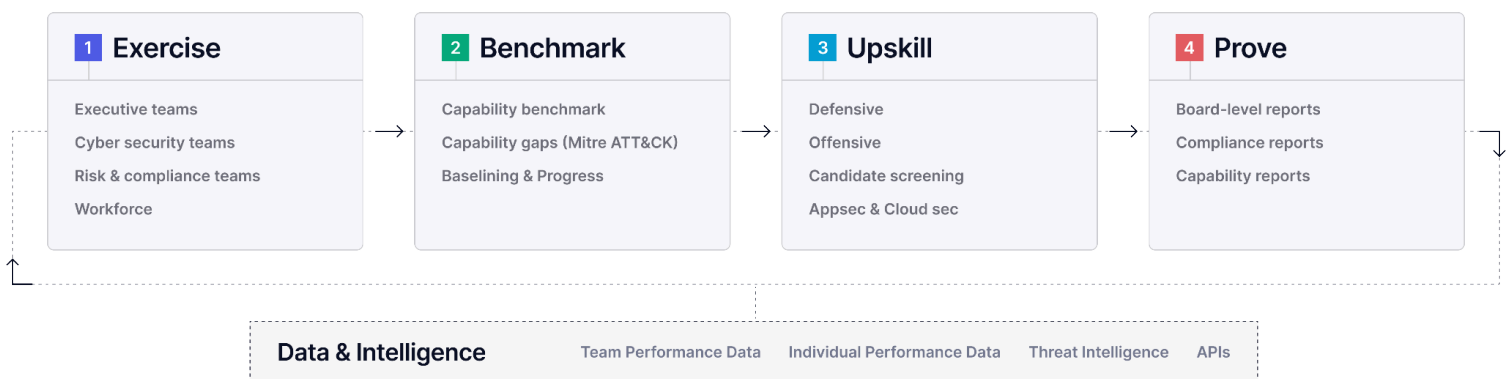
Learning isn't for spectators. People and teams improve by doing, not watching videos or reading documents. Only by being pushed to the limit in realistic scenarios are people prepared for real-world crises.
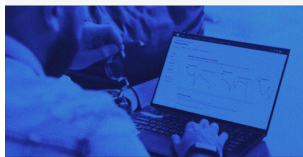
Individual and team capabilities are measurable and provable. Measurement and evidence are not only for technical controls. You need the data to be confident that your teams will successfully respond to a cyber incident or crisis. Organizations should prove cyber resilience to their Board, auditors, and other third parties.

Cyber Workforce Resilience Methodology

In order to help you become resilient, we've developed a simple, four step process.

1 Exercise	**2 Benchmark**	**3 Upskill**	**4 Prove**
Executive teams	Capability benchmark	Defensive	Board-level reports
Cyber security teams	Capability gaps (Mitre ATT&CK)	Offensive	Compliance reports
Risk & compliance teams	Baselining & Progress	Candidate screening	Capability reports
Workforce		Appsec & Cloud sec	

Data & Intelligence   Team Performance Data   Individual Performance Data   Threat Intelligence   APIs

Exercise: Use real-world simulations to evaluate and baseline team capabilities and decision-making.

Benchmark: Evaluate cyber readiness compared to industry benchmarks and receive actionable recommendations.

Upskill: Build capabilities across cybersecurity, engineering, application security, cloud security, and the broader workforce.

Prove: Demonstrate risk reduction, resilience, and ROI to your board, regulators, and customers.

Cyber Workforce Resilience Benefits

Continuously Prove Cyber Capability

Leverage granular individual and team performance data to continuously prove capabilities across the organization, aligned to security frameworks.

- Understand human cyber capabilities
- Measure progress using credible, well-understood metrics
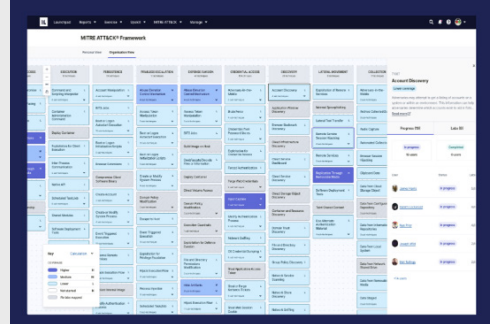
Improve Speed and Quality of Response

Respond faster and more confidently to emerging threats, while improving results.

- Reduce incident response times while improving decision-making
- Reduce time-to-capacity against emerging threats
- Efficiently manage cyber crises
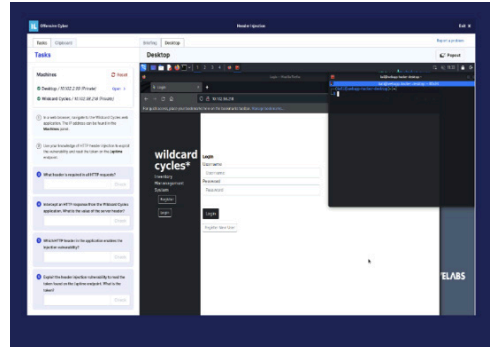
Improve Recruitment and Career Development

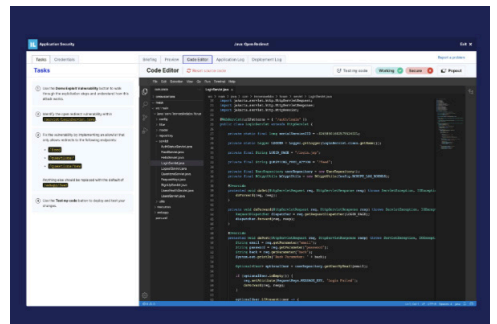Increase efficacy in recruitment, retention, and career development.

- Identify and hire top-quality cybersecurity talent
- Promote career development and retain existing cybersecurity talent
- Reduce recruiting costs
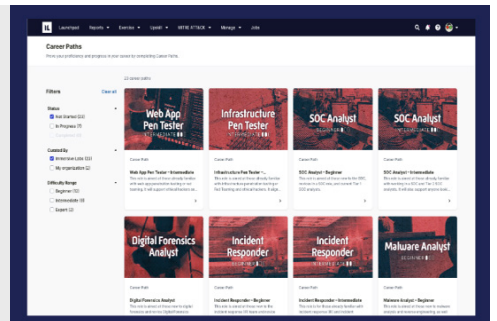
Reduce Cloud and Application Vulnerabilities

Code securely and identify vulnerabilities in applications and cloud environments.

- Reduce vulnerabilities early and across the SDLC
- Reduce cloud security vulnerabilities

Reduce Cybersecurity Costs

Increase efficacy in recruitment, retention, and career development.

- Consolidate cybersecurity training and capability manaement
- Reduce reliance on third-party staffing and consultants
- Make informed, risk-based cybersecurity investment decisions
- Reduce risk of regulatory fees
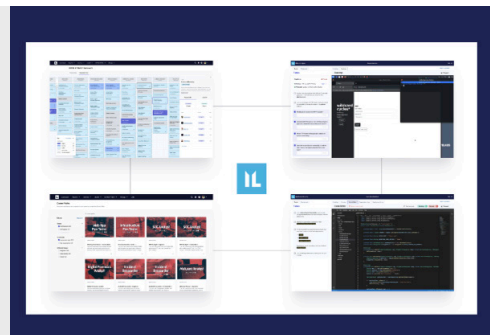

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The Immersive Labs Resilience Score

The Immersive Labs Resilience Score is a single value that organizations can use to measure their overall cyber workforce resilience. The algorithm evaluates multiple factors using performance data from across the platform and enables organizations to understand:

- Their overall cyber resilience
- Trends and progress
- Comparisons to industry and best-in-class benchmarks

With the Resilience Score, Immersive Labs provides not only visibility into an organization's current cybersecurity capabilities, but with actionable recommendations to improve resilience.
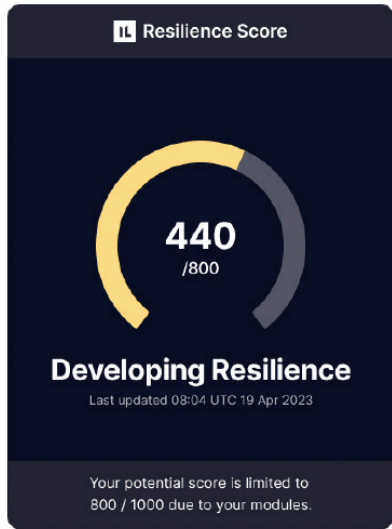
Overall Resilience Score

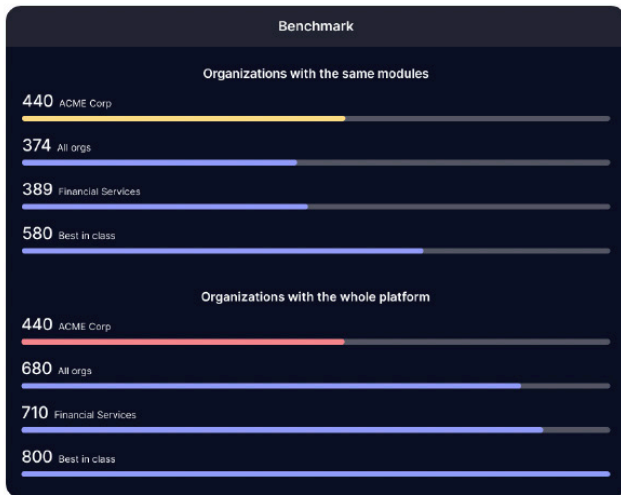Your overall Cyber Workforce Resilience in a single, easy-to-understand score
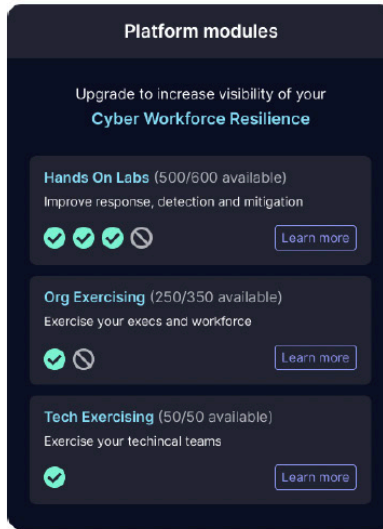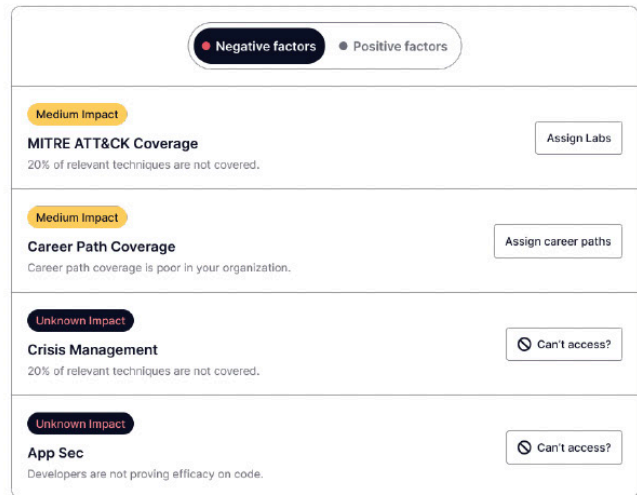
Platform Modules

View platform coverage

Progress Over Time

Baseline performance and track progress

Benchmark

Compare your organization to benchmarks and "best-in-class" performers

Negative/Positive Factors

Understand the factors impacting your organization-wide resilience. Assign action to improve resilience right from the dashboard.

Immersive Labs Capabilities — For Individuals

Offensive and Defensive Cyber Labs

Measure cyber capabilities to make better informed crisis, hiring, and technology decisions and mitigate against emerging threats.

- Get hands on with the latest tools and techniques across bitesize labs
- Map cyber capabilities to industry frameworks such as MITRE ATT&CK
- Address weaknesses with out-of-the-box career paths and role-specific content
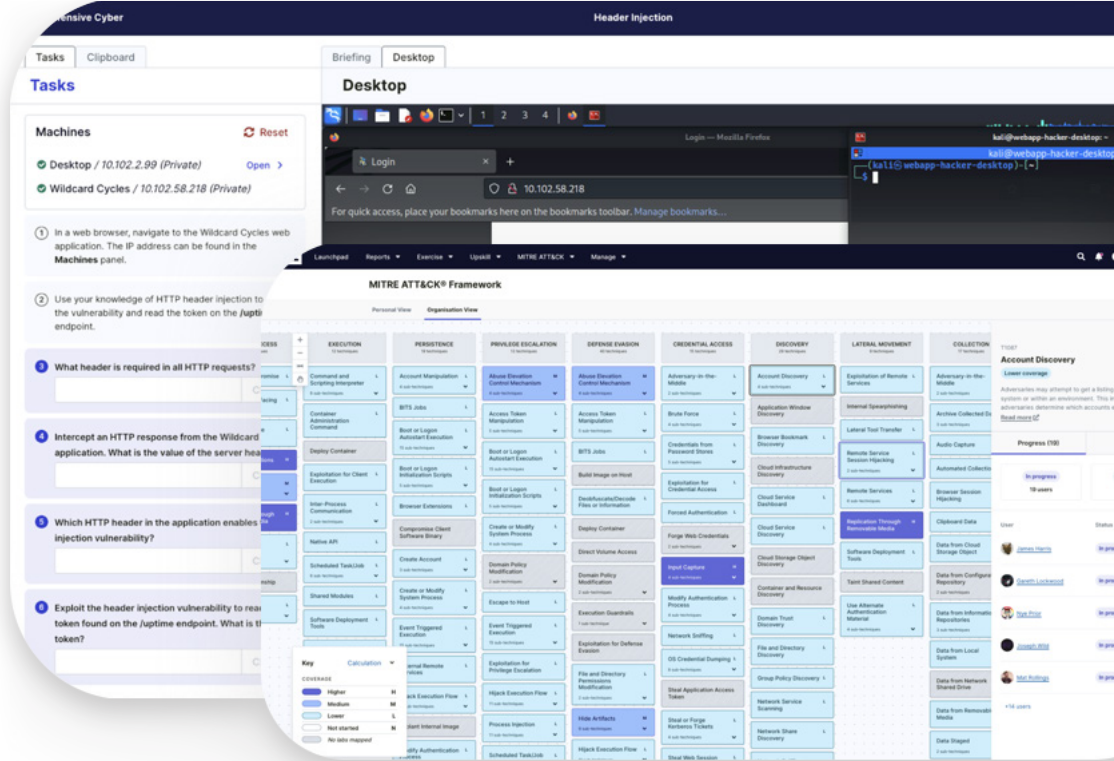
App Sec Labs

Leverage data insights to strengthen the SDLC and reduce vulnerabilities in applications.

- Assess existing capabilities with hands-on lab content across coding, tooling and testing
- Visualize platform telemetry to understand where vulnerabilities are more likely to occur
- Inject DevSecOps practices where weaknesses are identified
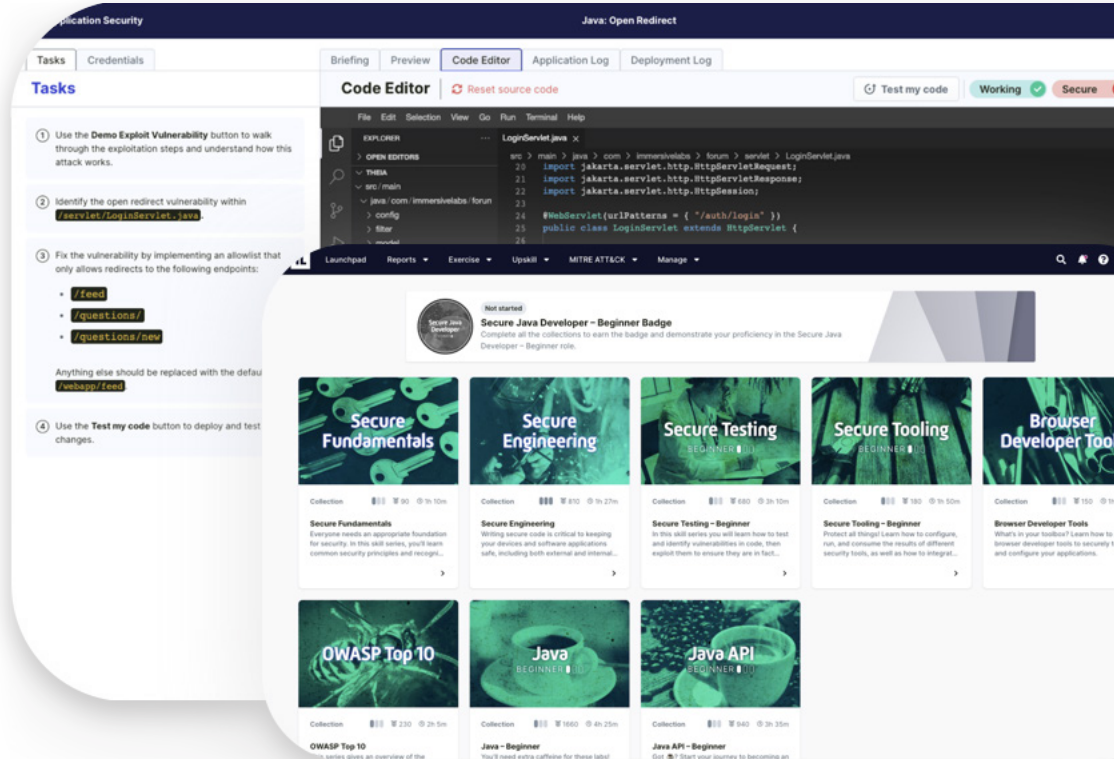
Immersive Labs Capabilities — For Individuals

Cloud Sec Labs

Measure and enhance the cloud security capabilities of anyone involved in designing, developing, and/or administering cloud workload.

- Assess existing capabilities with demonstrate labs focused on AWS and security aptitude

- Understand skills gaps with reporting at individual, team and organization levels

- Address skill gaps with labs on specific tools and techniques
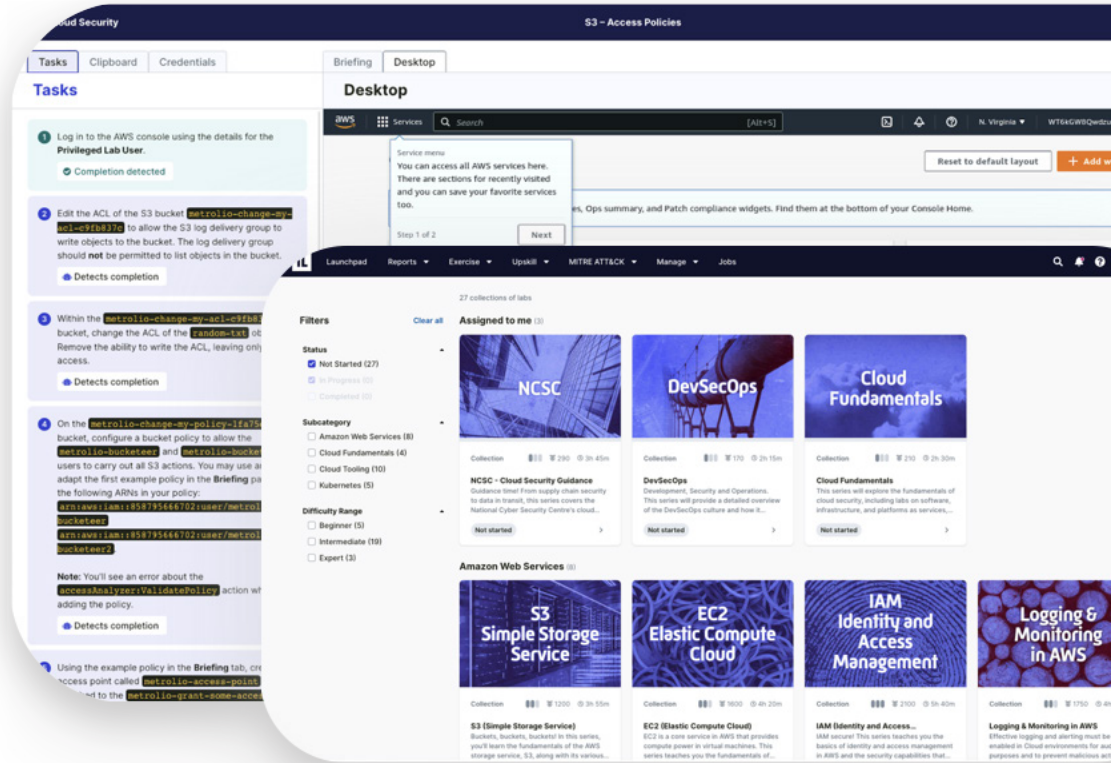
Candidate Screening

Reduce reliance on certifications and minimize bias by measuring candidates' capabilities.

- Invite candidates to complete role assessments made up of selected labs

- Measure and compare candidate's practical cyber capabilities

- Understand where new joiners' capabilities will need enhancing
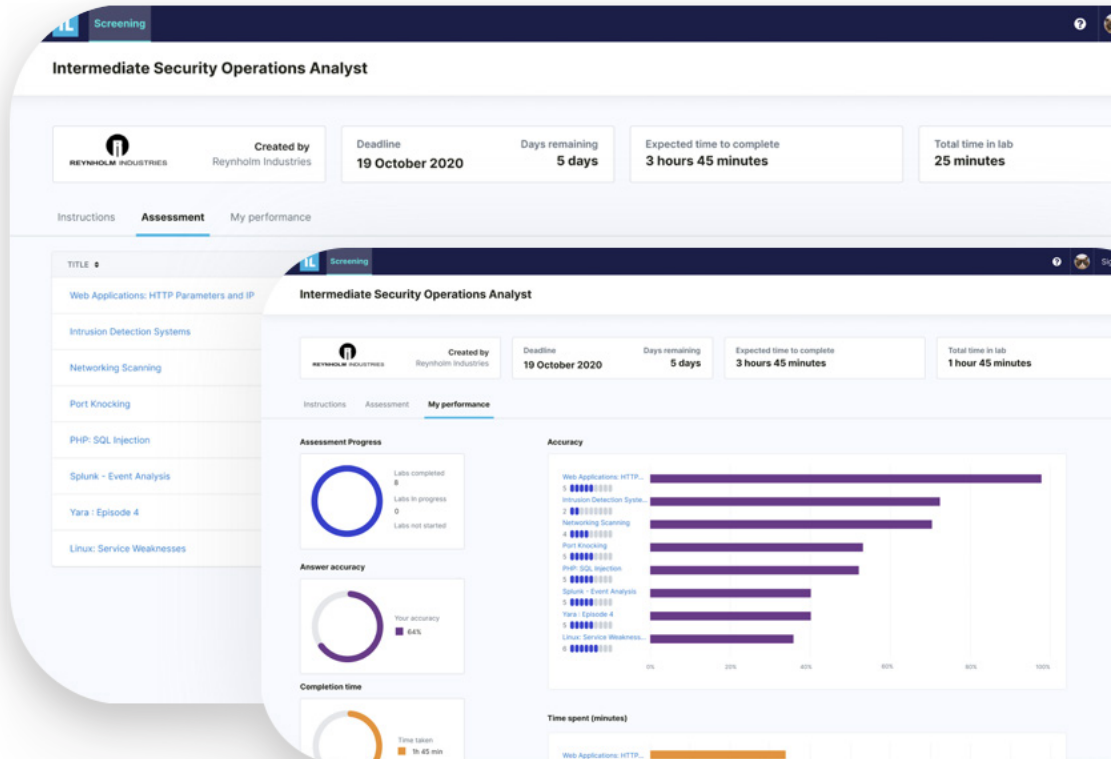
Immersive Labs Capabilities — For Teams

Crisis Sim

Drive measurable improvements in cyber response with crisis scenarios across multiple sectors and attack vectors.

- Exercise teams with real crises that have dynamic storylines and contextual media, delivered through their browser
- Measure and benchmark response to make better informed decisions on crisis strategies
- Build on response skills and muscle memory with a cadence of regular exercising
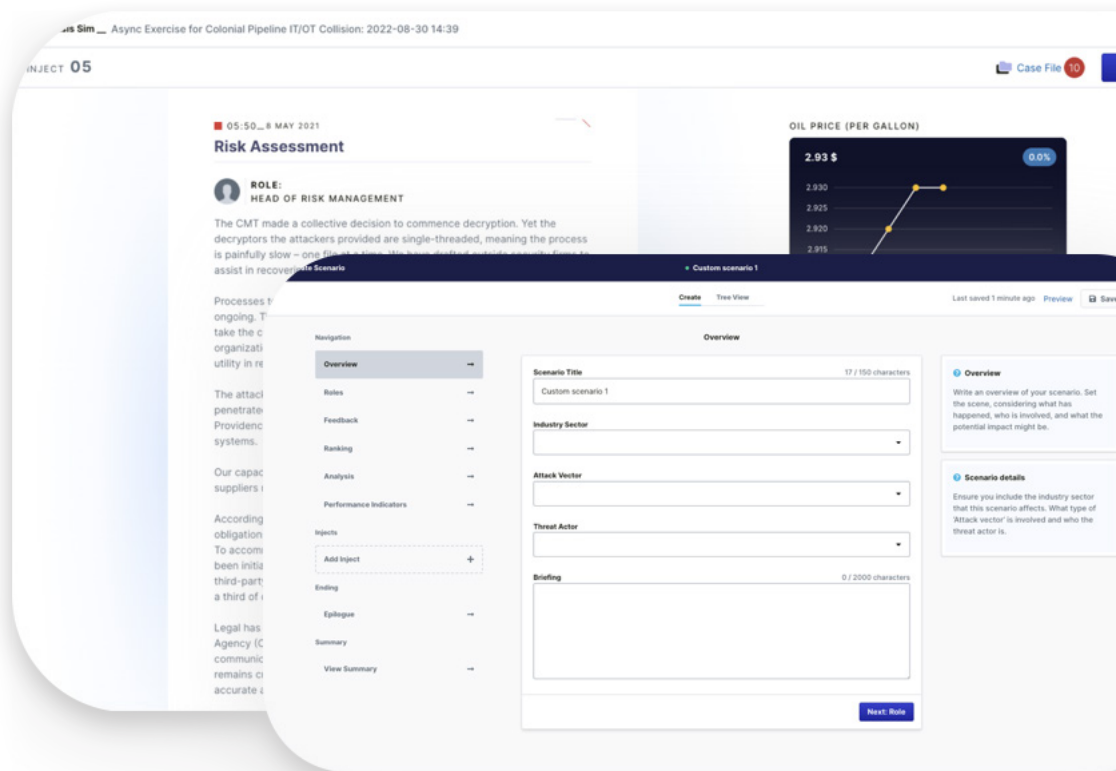
Cyber Team Sim

Prove the effectiveness of red and blue teams as they progress through complex technical scenarios.

- Complex and realistic scenarios engage teams through a series of technical tasks
- Benchmark performance internally or to industry peers
- Scenarios cover the latest threats, ensuring your teams keep pace with attackers
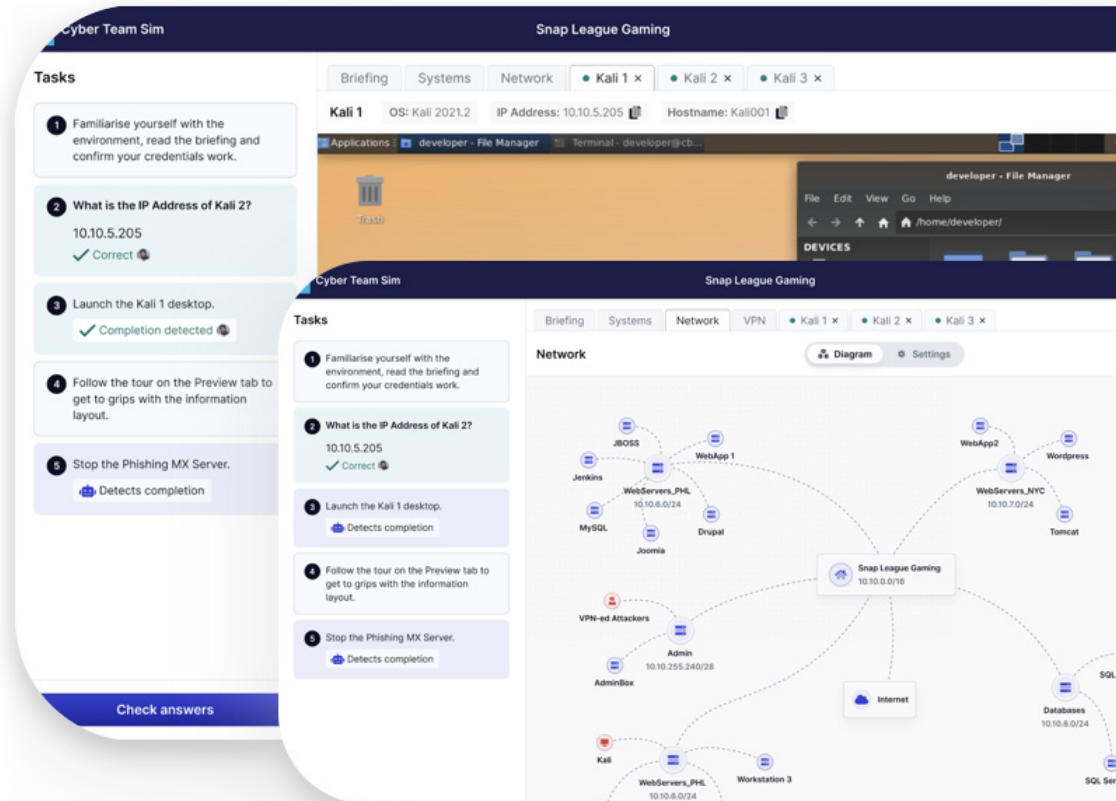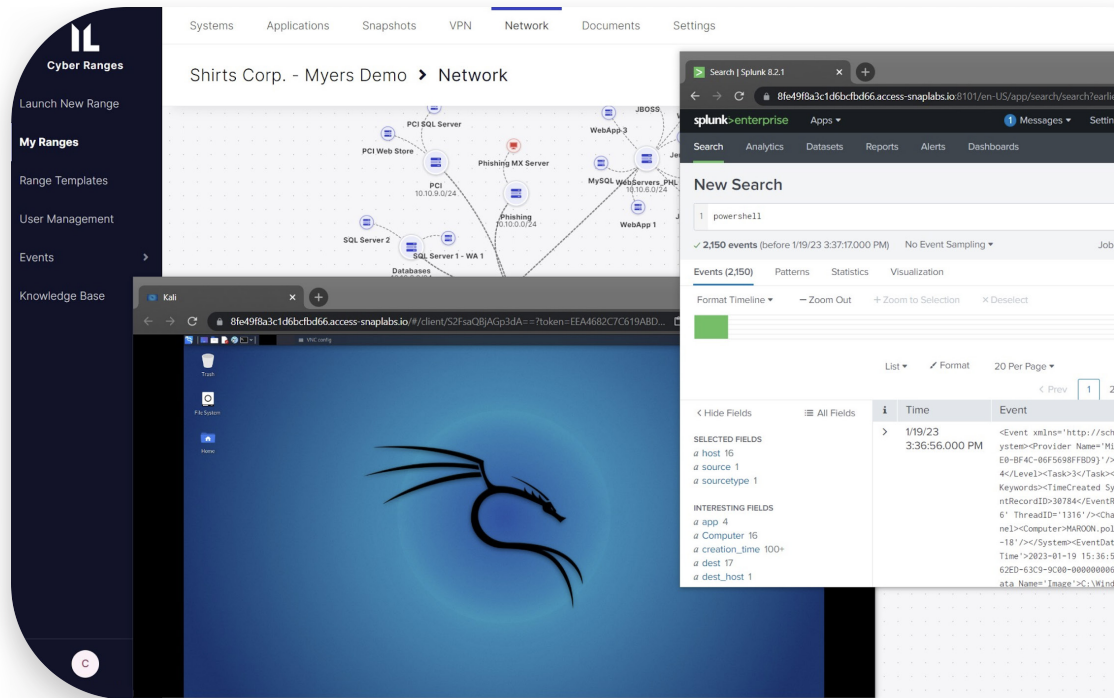
Immersive Labs Capabilities — For Teams

Cyber Ranges

Create realistic environments for teams to upskill, test new tools and techniques.

- Drop teams into simulations that emulate your production network

- Understand how effectively users and processes would work together

- Provide teams with an environment to test and learn with the tools they'll use daily

Immersive Labs Capabilities — For the Organization

Workforce Exercising

Target organizational learning gaps left by traditional cybersecurity training with behavioral science, driving measurable change across individuals, teams, and risk areas.

- Baseline and assess strengths and potential risks across the organization

- Deploy labs covering everything from the basics to more advanced theory and cybersecurity practice

- Educate about best practices to empower with knowledge and judgment

- Build a foundation for behavioral change
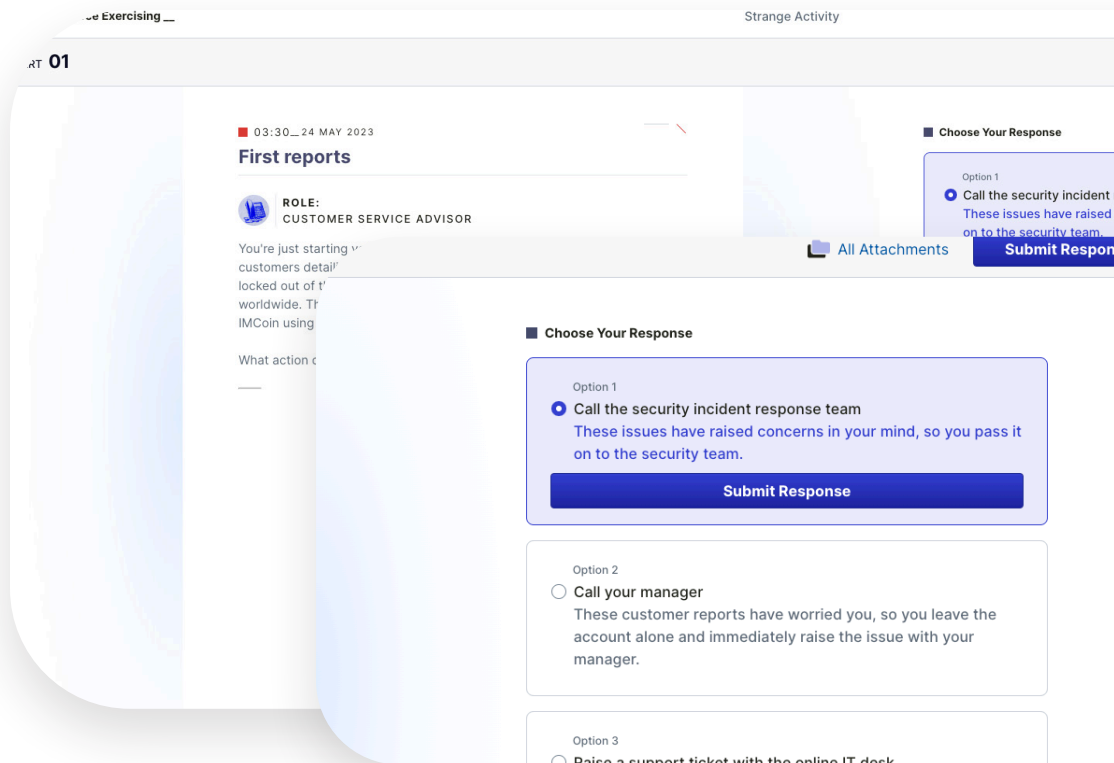
We are the Leader in People-Centric Cyber Resilience

All the latest tools and technology are not enough to ensure resilience; people and teams must have the right capabilities and make the right decisions when it counts. Forge a cyber-resilient workforce with Immersive Labs – all in a single Enterprise platform.

A Seamless, Enterprise Platform

True resilience requires people and teams to work together, from store room to board room. With a seamless and tailored experience for individuals, teams, and the entire organization, we provide unmatched cybersecurity exercises and training, along with data-driven insights and guidance to improve resilience. Built for the world's latest organizations, take advantage of enterprise-class scale, security, reliability, and integrations across our Enterprise platform.

Why We're Different

Unlike legacy, check-box training and paper certifications, we provide...

Immersive Realism	Proof of Capability	Complete Organizational Coverage	A Unified Enterprise Platform	Capability at the Speed of Cyber
We offer the most realistic, real-world learning environments for all skill levels	We equip CISOs with the data to be confident that they have a cyber-resilient workforce	We foster resilience across the organization, with unparalleled content that offers world-class breadth and depth	We provide a seamless and customized experience for individuals, teams, and the entire workforce	We ensure your teams are updated on the latest cyber risks, from zero-day exploits to the evolving AI landscape
Hands-On, Active Learning. Live sandbox environments ensure learning covers practical skills, not just theory. **Gamification.** Interactive challenges offer an engaging learning experience.	**Evidence-Based.** Granular, role-based performance data helps organizations understand, baseline, benchmark, and prove their cyber capabilities. **Cyber Resilience Score.** Understand, build, and prove your organizational cyber resilience in a single score.	**Breadth & Depth.** Cybersecurity exercises and labs tailored to individuals and teams from the store room to the board room. **Personalized Learning Paths.** Targeted, individualized training ensures each user receives relevant training based on their knowledge gaps.	**A Seamless Experience.** We ensure a fluid and consistent journey for users and administrators across all labs and exercises. **Built for the world's latest organizations.** Leverage our enterprise-class scale, security, reliability, and integrations.	**Cyber Threat Intelligence.** Our experts enable teams to understand and defend against attacks in as little as 24 hours. **AI Ready.** We empower organizations to understand and leverage the cyber impact of AI on their workforce.

Continuously Assess, Build, and Prove Your Cyber Resilience

Immersive Labs is trusted by the world's largest organisations and governments, including Citi, Pfizer, Humana, HSBC, the UK Ministry of Defence, and the UK National Health Service. We are backed by Goldman Sachs Asset Management, Ten Eleven Ventures, Summit Partners, Insight Partners, Citi Ventures, and Menlo Ventures.

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