



The Rhythm of Security

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Bending your mind one prose at a time

Using Plain and Direct Concepts to deliver an idea that is difficult to process to a room full of extremely intelligent people is the most valued skill in Cybersecurity

Heavy Metal and Security balance

THINGS THAT MAKE HEAVY METAL WORK

1. Tone & Melody
2. Tempo & Meter
3. Lyrics
4. Bassline

THINGS THAT MAKE SECURITY WORK

1. WHY – The reason we are doing this
2. HOW – The speed at which this will happen
3. WHAT – The value we deliver together
4. Execution

AI Defines Rhythm as:

A regular, repeated pattern of movement or sound. In music, it refers to the arrangement of sounds and silences in time, often characterized by a beat, tempo, and meter.

More broadly, rhythm can describe any pattern of recurring elements, such as in speech, dance, or even natural cycles like the seasons.

A group of people are gathered in a meeting room. In the foreground, a man in a grey sweater is seen from the back, looking towards a whiteboard. Behind him, a woman with dark hair in a ponytail, wearing a brown top, is looking at the whiteboard. To the right, two other women are standing and looking in the same direction. One woman is wearing a black long-sleeved shirt, and the other is wearing a light blue button-down shirt. The whiteboard in the background has handwritten notes in black marker, including "hotel", "alcohol", "pool", and "Shopping".

WHY

Delivering Melody and Tone that is pleasing and memorable

The Effectuation of WHY

Every team is the reflection of its strongest leader

- Presence of Mind
- Cool Calm Collected
- Unified Message!

Silo Busting through consistency

- Centerline defense
- Resilience
- Creativity
- Governance Models!

A group of people are gathered around a whiteboard in a meeting. In the foreground, a man in a grey sweater is seen from the back, looking towards the whiteboard. Behind him, a woman with dark hair in a ponytail, wearing a brown top, is looking at the board. To the right, two other women are standing, one in a black top and another in a light blue button-down shirt, both looking towards the whiteboard. The whiteboard has handwritten notes: 'hotel', 'alcohol', 'pool', and 'Shopping'.

HOW

Enhancing your team and its delivery

Building a better program through your team

Balance is what gives continuance to your execution model.

Engineers are highly specialized and like Artists, always perfecting their craft.

Stay in tempo with your team, set the meter and let them play out.

When your team is out of balance it can become noise, which is just a Cost Center to the business.

Delivering a consistent message through your team delivers unified success.

The team should sound like back up vocals, not contending lyrics

A group of people are gathered around a whiteboard in a meeting. In the foreground, a woman with dark hair in a ponytail is looking at the whiteboard. To her right, another woman with long brown hair is also looking in the same direction. In the background, a woman with short dark hair is visible. The whiteboard has some handwritten notes. A large white semi-transparent box is overlaid on the left side of the image, containing the text 'WHAT' and 'The activities your team takes ownership of'.

WHAT

The activities your team takes ownership of

The WHAT will not change, your team will always be the primary bottom line of success

The “little things” that the team does from day to day.

SOC, DevSecOps, Threat Hunter, Vulnerability Management, Audit

This is often is hidden within the words we use everyday.

The activity that we need to conduct can change over time, without assessing this need we can miss our mark on what the business needs from us.

Security people get caught up in who they work for, not what they do.

Growing your team is developing the WHAT for each member.

Bringing it all together

When this is out of balance, your Security Program becomes noise, which is a cost center!

Business is **growth**, it is **change**!

Rhythm	Why, How, What	GRCS	Usage
Tone & Melody	Why	Governance	Measure
Tempo & Meter	How	Compliance	Speed
Lyrics	What	Security	Activity
Baseline	Execution	Risk	Fit



Thank you

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