

THERE'S A MOVEMENT HAPPENING... MINDFUL SECURITY

Stress is one of the **biggest threats** to the **security** of organisations

47%



of **cybersecurity incident responders** experience **burnout** or extreme **stress**

50%

of **phishing attacks** are caused by **distractions & overwhelm**

41%

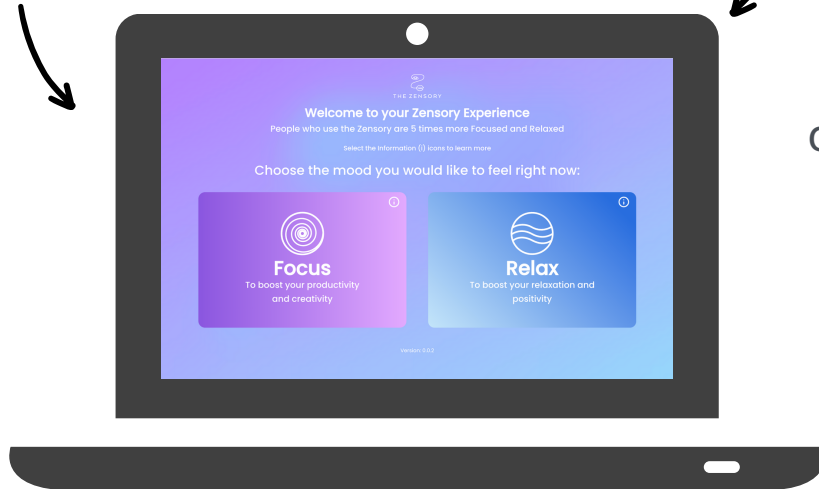
of people **email the wrong person** due to **distractions**

Research shows that **mindfulness** results in **fewer commission errors** and supplemental training using a **mindfulness** approach **improves resistance to phishing attacks.**

It's time to **combat stress** in Cyber Security for more mindful, careful, secure users with The Zensory module.

TOUCHPADS
optimal to refocus between tasks

BREATHING
to use before and after work to recenter



MUSIC
curated for optimal effect to improve focus

BINAURAL BEATS
used to keep you in your zone during work

NATURESCAPES
to help you feel calm to think clearly

BENEFITS OF THE ZENSORY

Improved Cybersecurity

Staff become more

Secure

+

Mindful & Calm

+

Careful

Improved Wellbeing & Retention

Staff become more

Happy

+

Productive

+

Valued

1000s of users feel:

5X more focused

5X more relaxed

Sign up to the complementary module from [KnowBe4](#) & [THE ZENSORY](#)