

I Love this Job, but it's Killing
Me – A CISO Story





When not at work you can find me in a Jeep, on a bike, or snowboarding in the Colorado mountains with my family. My career spans 20+ years in a variety of roles and industries from IBM, Ball Aerospace, Vail Resorts, to Specialized Bikes. I have a BBA from the University of Cincinnati and hold multiple certifications in security and privacy.

HUMAN

1. Pressure vs Stress

2. Rumination vs Reflection

3. Imposter Syndrome vs
Growth

“Neurons that fire
together, wire together”

Donald Hebb

Pressure vs Stress

WORK **WITHOUT** STRESS

BUILDING A **RESILIENT**
MINDSET FOR
LASTING SUCCESS



DEREK ROGER, PHD, AND NICK PETRIE

PUBLISHED IN PARTNERSHIP WITH THE
CENTER FOR CREATIVE LEADERSHIP

Rumination vs Reflection



"THE THINKER"

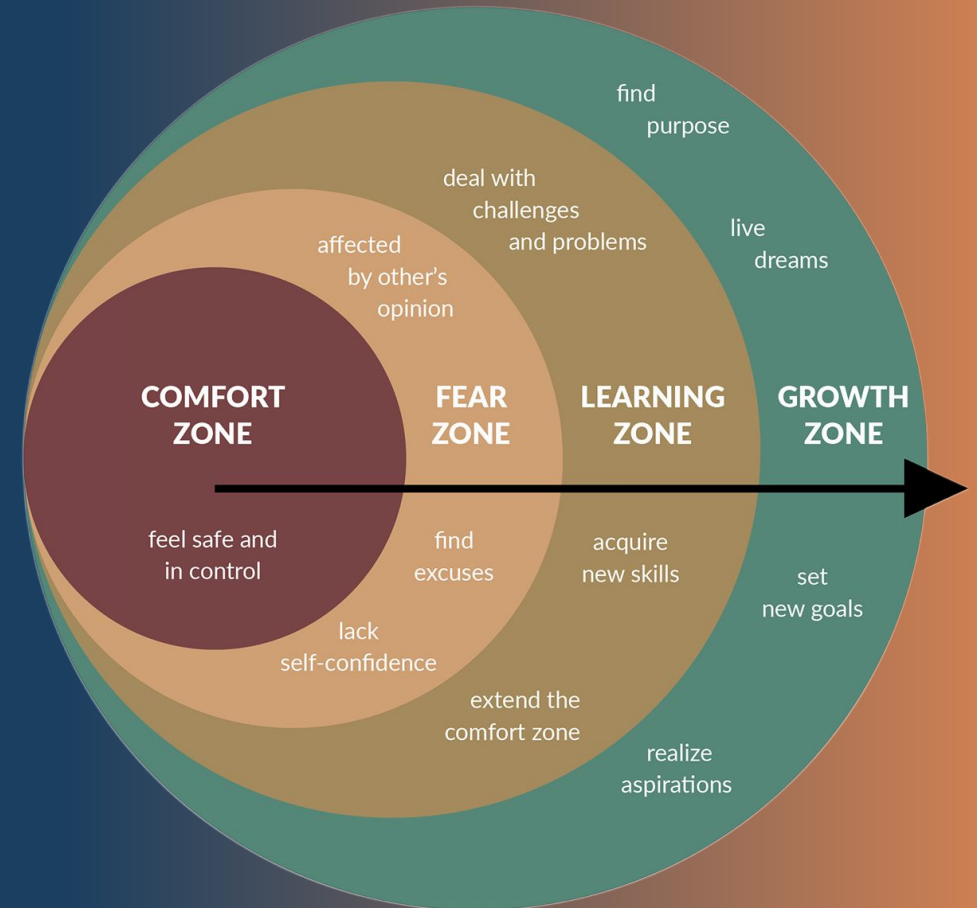


"THE OVERTHINKER"

thesanesparza

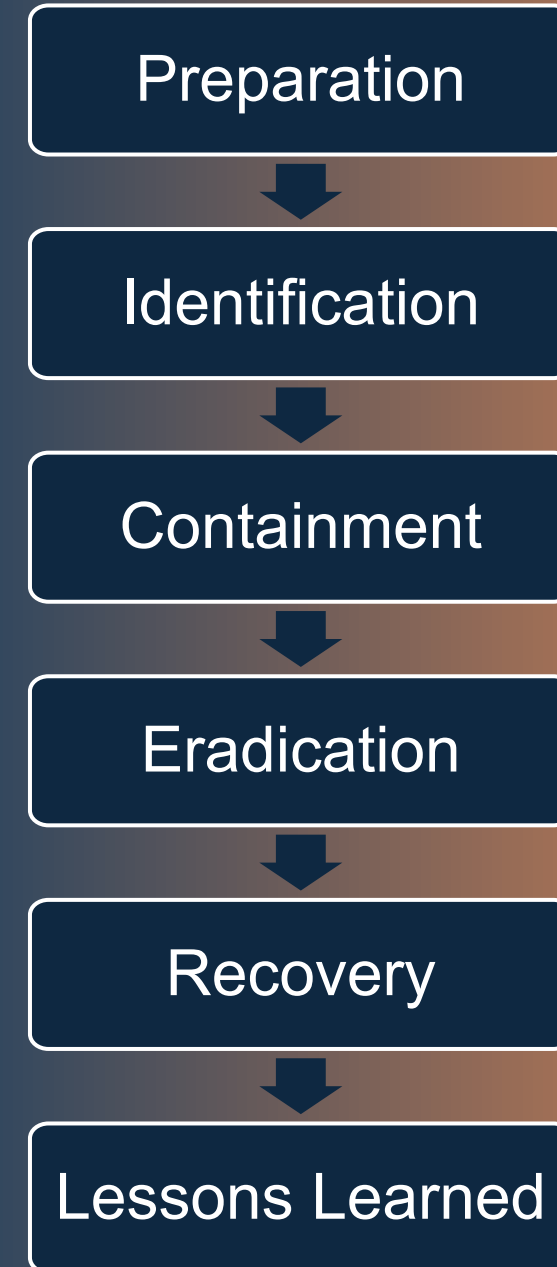
"I am an old man and have known a great many troubles, but most of them never happened" Mark Twain

Imposter Syndrome vs Growth



“Whether you think you can or you think you can’t, you’re right” Henry Ford

Next Steps – An IR Plan for Mental & Physical Health



Preparation



```
graph TD; A[Preparation] --> B[Identification]; B --> C[Containment]; C --> D[Eradication]; D --> E[Recovery]; E --> F[Lessons Learned];
```

Leadership Training, Coaching, Therapy

Identification

Triggers, Focus on what can be controlled

Containment

Pause, Process, Proceed
Tune out negative self talk
Box Breathing
Reframing, Gratefulness

Eradication

Sleep, Exercise, Community, Practice
Vulnerability, Reduce Alcohol

Recovery

Reflect, Action Oriented

Lessons Learned

UNTIL NEXT TIME.....

**TAKE CARE OF
YOURSELF**