

SAT Checklist for IT & Security Professionals



Traditional Security Awareness Training (SAT) is often ineffective. This checklist can help build a program that'll actually address your human risk levels. [Download the full report](#) for deeper insights and practical strategies.

Program Strategy & Alignment

☐ Focus on Outcomes

Shift your focus from simply providing training to satisfy compliance. Instead focus on achieving tangible outcomes, like reduced human risk.

☐ Embrace Human Risk Management (HRM)

Adopt a proactive HRM approach that goes beyond awareness to actively reduce risk.

☐ Seek C-Suite Buy-in

Strong executive-level support for SAT programs helps secure the necessary resources and promotes a security culture.

☐ Work with Expert-Backed Programs

Choose a managed, expert-backed SAT solution that can keep up with evolving cyber threats, without taxing your teams.

Content & Delivery

☐ Offer Modern, Relevant Content

Prioritize training material based on real, modern threats and recent cybersecurity incidents.

☐ Provide Short, Consumable Training

Monthly training sessions that are short and easy to digest improve effectiveness and engagement.

☐ Incorporate Interactive and Hands-on Activities

Use interactive content and realistic examples to enhance knowledge retention and encourage behavior change.

☐ Ensure Accessibility

Make sure training content is accessible to all learners, regardless of their technical abilities, so everyone can become more security aware..

☐ The Right Training Frequency

Move away from infrequent annual or quarterly training and implement more frequent sessions, such as monthly or just-in-time training.

☐ Provide Targeted Training

Use an SAT program that can easily assign targeted training to employees after a simulated compromise or a real security incident.

Organizational Culture

☐ Encourage Manager Support

Encourage managers to actively foster an environment that promotes and supports security awareness, as this is a key factor influencing employee attitudes toward SAT.

☐ Build a Strong Security Culture

Create a culture where security is a core responsibility for everyone, and employees feel comfortable discussing and reporting incidents without fear of punishment.