FIVE-DAY BOOTCAMP

Cyber Security

Ethical hacking, network defence and incident response — in five days

www.computertrainingwales.co.uk

01 · THE COURSE

About this bootcamp

Move from zero to entry-level cyber roles in five days. Network defence, phishing response, ethical hacking fundamentals and incident response — hands-on from day one, with no prior experience required.

QUESTIONS BEFORE YOU BOOK?
01656 737349 · hello@reskillwales.co.uk

02 · HOW THE WEEK WORKS

Five outcomes

1. Mornings are taught sessions — the concepts, the threats and the frameworks explained in plain English.

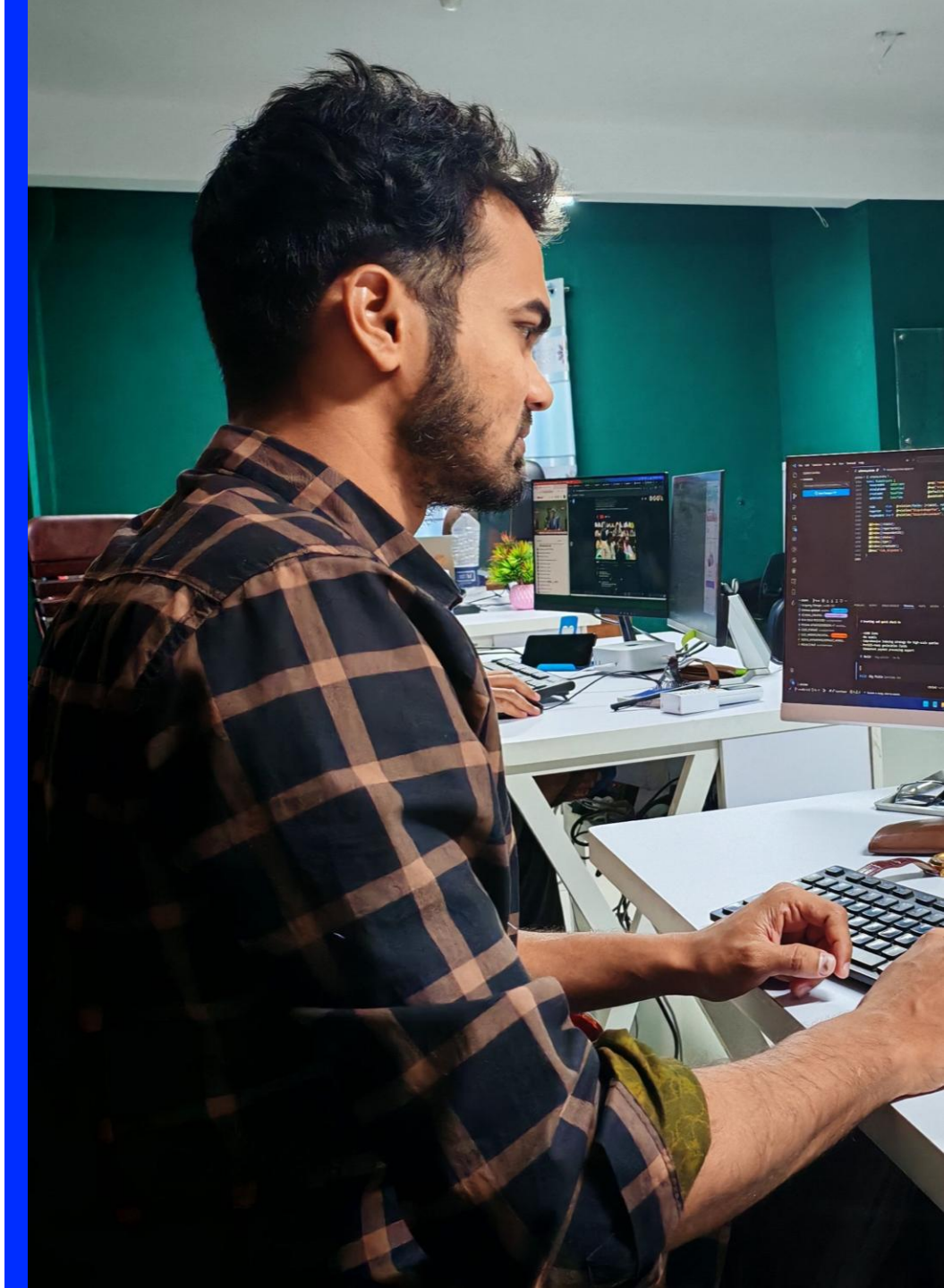
2. Afternoons are hands-on labs where you build something real: a defended network, a phishing simulation, a guided penetration test.

3. Day five closes with a capstone — respond to a simulated cyber incident from detection through to written report.

03 · A TYPICAL DAY

Your daily rhythm

9:00 – 10:45 am	Taught session one
10:45 – 11:00 am	Morning break
11:00 am – 12:00 pm	Taught session two
12:00 – 1:00 pm	Lunch break
1:00 – 2:30 pm	Hands-on lab



DAY 01 · THE THREAT PICTURE

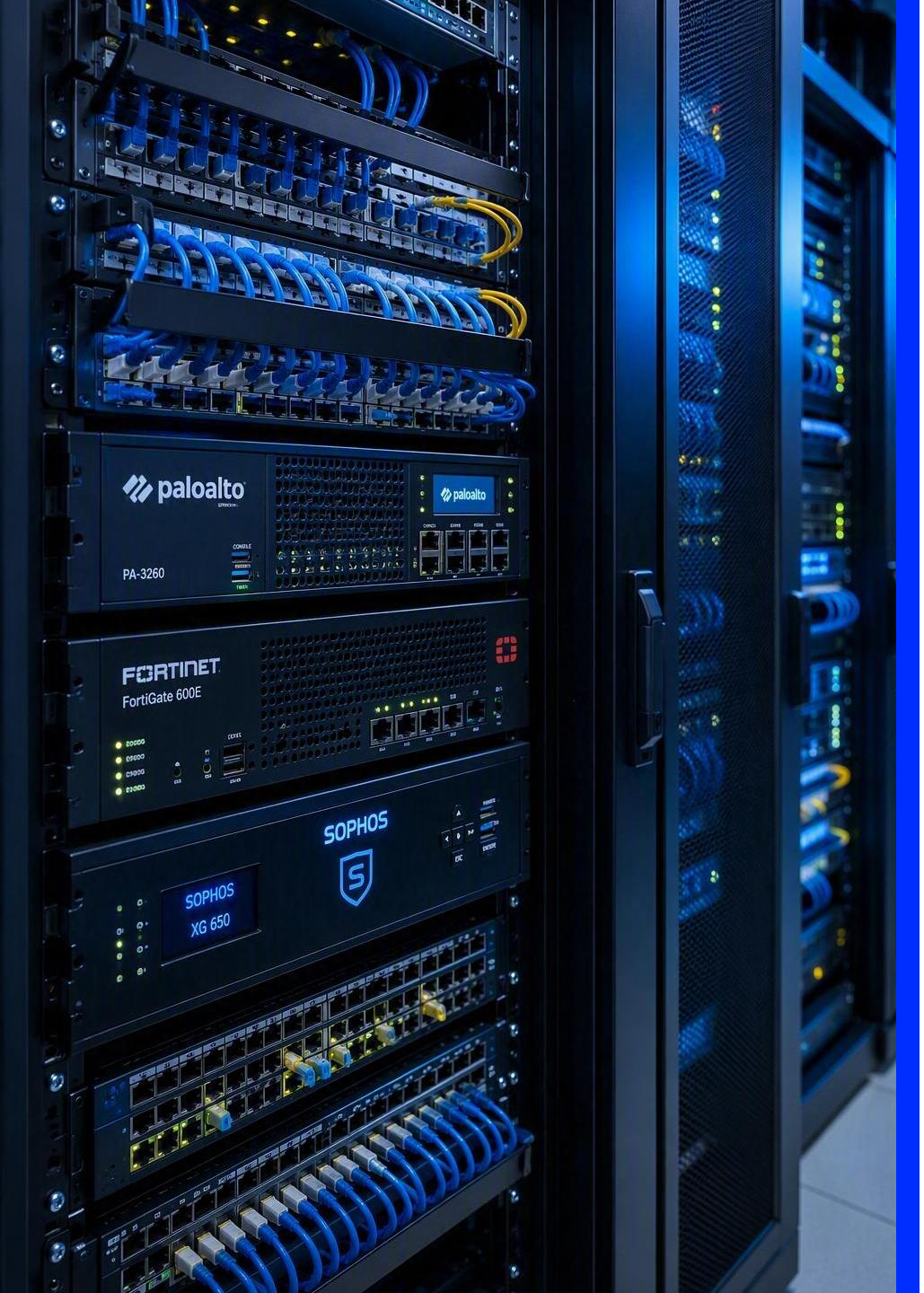
Cyber Threat Landscape

AM

TAUGHT SESSION
Types of cyber threats · Threat actors & motivations · The cyber kill chain · Risk assessment fundamentals · Welsh cyber landscape · Career paths in security

PM

LAB
Map the threat landscape for a real Welsh SME.



DAY 02 · NETWORK SECURITY

Network Defence

AM

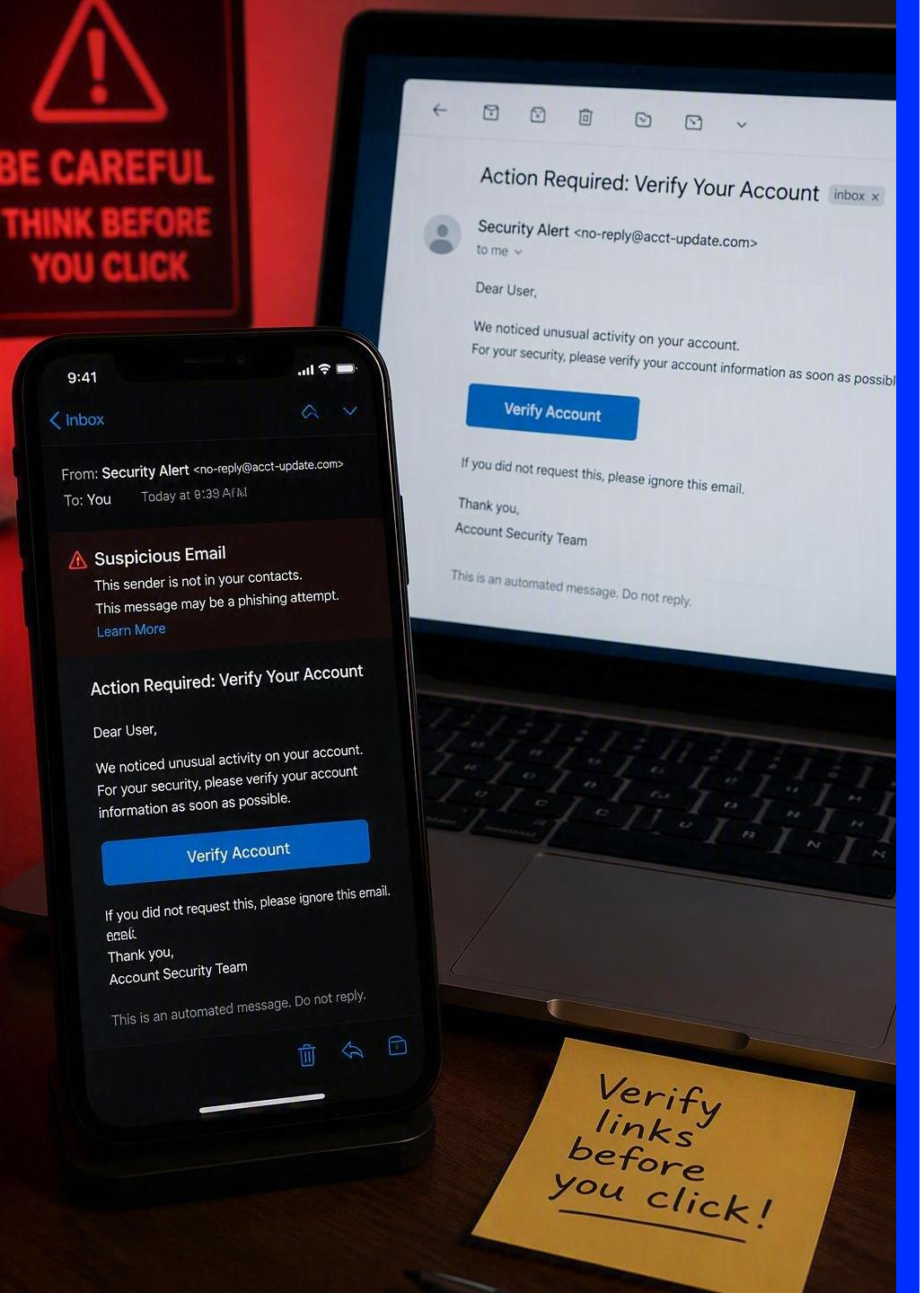
TAUGHT SESSION

TCP/IP & networking fundamentals · Firewalls & intrusion detection · Network segmentation · VPN & remote access · Wireless security · Monitoring tools

PM

LAB

Configure and defend a practice network.



DAY 03 · SOCIAL ENGINEERING

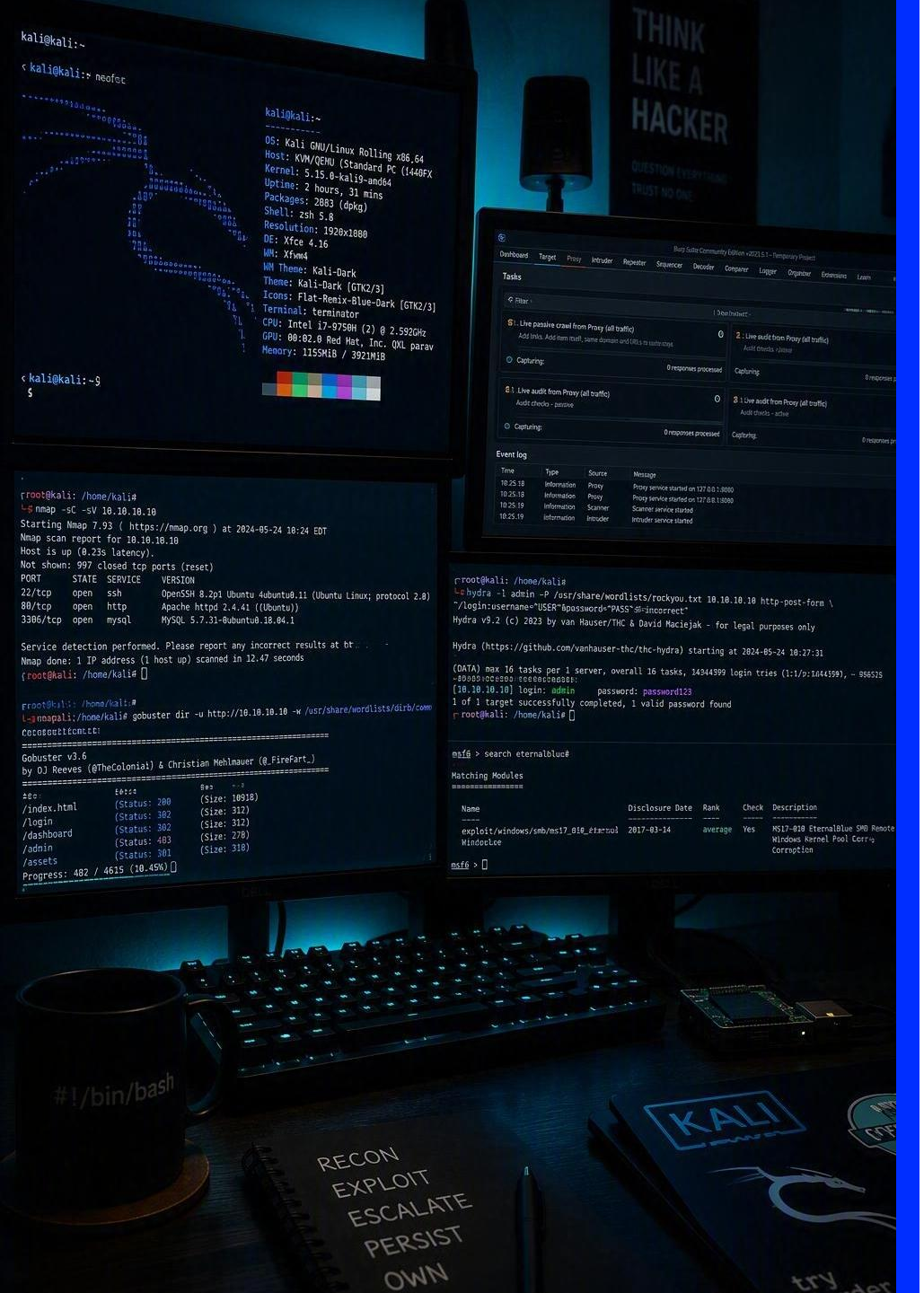
Phishing Defence

AM

TAUGHT SESSION
Phishing anatomy & techniques · Spear-phishing & whaling · Social engineering psychology · Email security, DMARC & SPF · Awareness training · Reporting culture

PM

LAB
Run a simulated phishing campaign and analyse the results.



DAY 04 · SWITCH SIDES

Ethical Hacking

AM

TAUGHT SESSION

Ethical hacking methodology · Kali Linux introduction · Reconnaissance techniques · Vulnerability scanning (Nmap, Nessus) · Password attacks & defence · Web app basics

PM

LAB

Perform a guided penetration test on a practice system.

DAY 05 · SOC OPERATIONS

Incident Response

AM

TAUGHT SESSION
SOC analyst role & workflows · SIEM introduction · Incident response framework · Evidence & chain of custody · Writing incident reports · Post-incident review

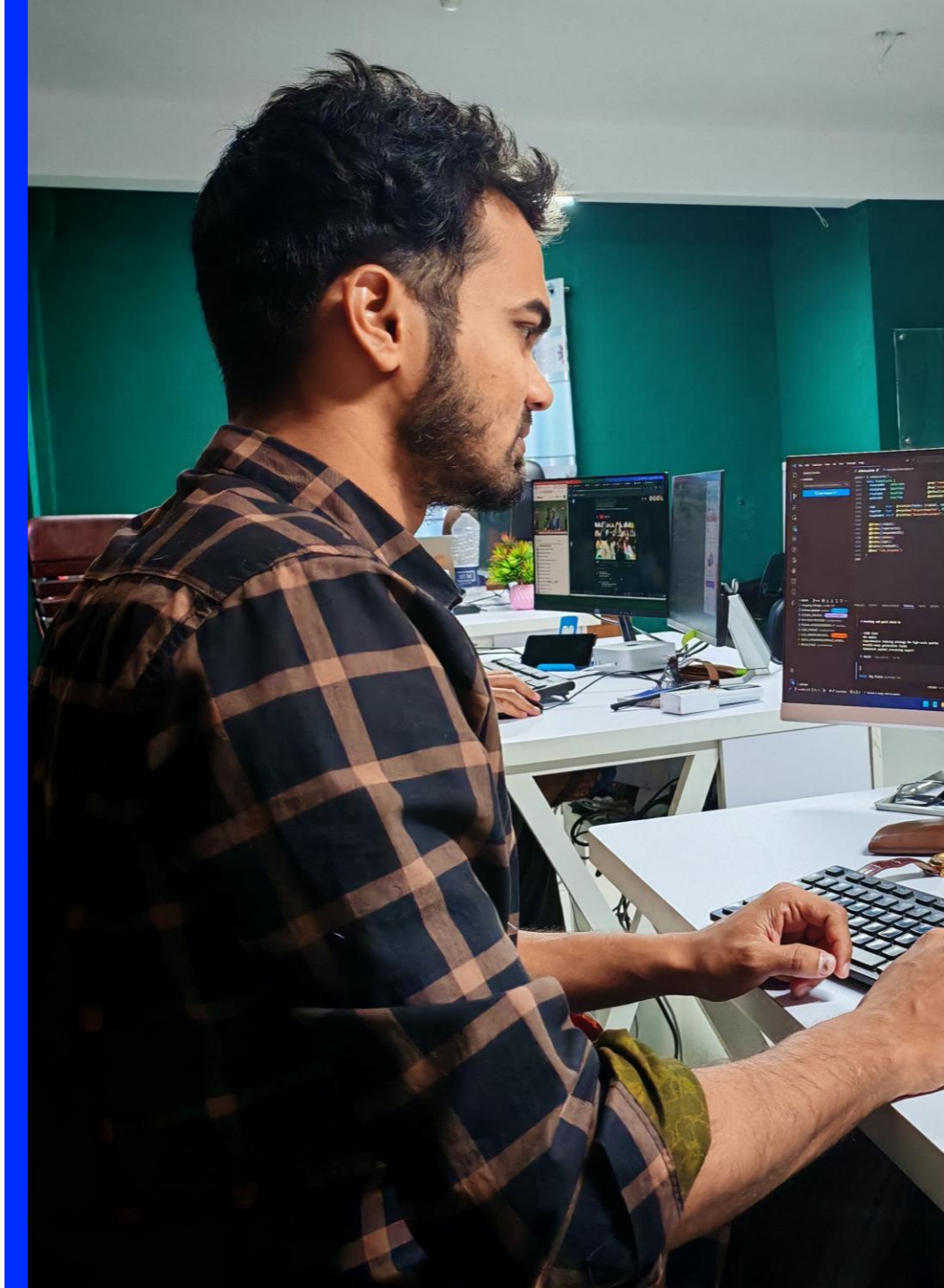
PM

CAPSTONE
Respond to a simulated cyber incident, from detection to report.

04 · WHAT YOU BUILD

Five real skills

Day 01	Threat map for a Welsh SME
Day 02	Defended practice network
Day 03	Simulated phishing campaign
Day 04	Guided penetration test
Day 05	Full incident response report



05 · WHERE YOU TRAIN

Find us on the map

Training runs at Llynfi Enterprise Centre — inside the main entrance. Get in touch if you need any help finding us.

CALL US

01656 737349

EMAIL US

hello@reskillwales.co.uk

YOUR NEXT STEP

Get started

with Reskill Wales

www.reskillwales.co.uk

01656 737349 · hello@reskillwales.co.uk