



RESILIENT SHIELD CONSULTING

TRAINING CATALOG

2025 - 2026

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boulevard Haussmann 75008 Paris – 2022

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Our business Our Company Our skills

We've been designing resilience since 2014 and before.

We consider that fatality is not included in business plans.


Responsible organizations know their environment and the risks that populate it. They do not consider their death as an inevitable event but as the result of preventable errors and the accumulation of weaknesses.

Our mission is to help these organizations eradicate fatality and accompany them on the way to resilience.

We have created a training catalog on the areas we master:

1. Business Continuity Management
2. Crisis and cyber crisis management
3. Risk management
4. Organizational resilience and
5. IT security management

Some courses give an overview of the subject and others deal with it in detail. It's up to you to find the best option according to your wishes and skills.



Exceptional Content Unrivalled value for money

At Resilient Shield you can find THE training that suits you:

1. **You are new to the business:** we have introductory training for each area we cover : business continuity, crisis management, risk management, etc. You benefit from a complete initiation and an ability to put your new knowledge directly into practice.
2. **You have practiced the subject:** we have a range of training courses for experienced professionals. Here, no waste of time on the basic concepts. We quickly embrace advanced techniques and methods.
3. **You are an expert:** we share our best practices used for our consulting missions. We also share tools from our R&D studies. You will be as capable as our best consultants at the end of this type of training.
4. **You still can't find it:** we can also consider "tailor-made". We can assess your need and, depending on feasibility, we can provide you with a solution in the form of a (consulting) mission or a new training product.

Training can be given in French or English



Need other reasons to choose our courses?

There are many more reasons to choose us.
Here are a few:

- All our training courses are provided by **experienced consultants** and excellent teachers. They will explain to you in a simple way the most complex concepts of the trade. These explanations will be illustrated with many **examples** from their own experience. They don't just know **best practices**; they have **implemented** them in the field **many times**.
- Our training courses are **updated** very **regularly**. Each year, the supports are reviewed and supplemented with the very **latest techniques**. Cyber security training is refreshed much more often and sticks to **current events**.
- Topics are approached in a **pragmatic** way with the capacity for immediate application and **rapid results**.
- Our trainers have an excellent knowledge of **standards** and reference methods in the fields covered. Some have **international certifications** recognized by the profession.
- Our prices are very competitive, and we reward your fidelity.



An ultra-flexible offer your conditions are ours

You are our customer.

It is therefore normal that we adapt our training method to your needs and not the other way around.

Here are our different formulas:

- **Inter-company training:** you share the sessions with your colleagues from other organizations. This is the perfect time to exchange ideas and build a professional network. The practical cases are standardized and based on fictitious companies. This is the classic formula that you will find in the following pages.
- **Inter-company video training:** you can watch your video training from the comfort of your office. A 10% reduction is applied on the normal rate.
- **Intra-company training:** we do a specific session for you. Delivered on site or by video, this training is completely redesigned for your own needs and provided exclusively to your organization. A quote request is required to meet your needs.
- **eLearning training:** this formula is under development and will offer you total flexibility on the organization of your training. Contact us to let us know which topics interest you and on which you would like more information.



Business Continuity Management Systems Fundamental Concepts

1800 € / pers.

Taxes not included

minimum class size : 4

Description

Natural disaster, major computer failure, prolonged shutdown of the power supply, ... All organizations must expect to experience several disasters during their existence. Not preparing for it and relying on assurances would be a mistake with serious consequences. This training draws up a state of the art on business continuity and addresses all the stages of its life cycle. It is based on the latest developments in business continuity, in particular the ISO 22301 standard, the main elements, concepts and tools of which you will find throughout the course. Many practical examples and feedback will illustrate the different steps and allow you to quickly move from theory to practice.

Goals

The objectives of this training are:

- Understand the challenges of the organization in the face of risks and the reasons that make Business Continuity Management necessary
- Raise awareness of business continuity concepts and tools
- Choose and apply an effective method compatible with the ISO 22301 standard
- Provide the basics for building a Business Continuity Plan (BCP)

Audience

Business Continuity Manager, CISO, Security Manager, CIO, Risk Manager, Auditor

Level : Beginner

Prerequisites : None

Language :

French and English

Educational means :

Training material printed on paper and downloadable

Video projection or video learning

Documentation for exercise and simulation workshops

Assessment : A training certificate is given to trainees. This training does not give rise to a formal assessment of the training acquired.

Training agenda

Day 1

Welcome
Presentations
Definitions and key concepts
Current standards and best practices – ISO 22301
Business Continuity Management System (BCMS)
Business Continuity Policy
The design of a BCP project
Exercise: formalize your BCP project
The Business Impact Assessment (BIA)
Exercise: Create your BIA questionnaire
Basics of risk analysis
Exercise: Preparing a risk analysis for the BCP

Day 2

Welcome
Day 1 debriefing and questions/answers
Continuity strategies
Emergency technical solutions and their specifications
The Business Continuity Plan: structure and content
Roles and Responsibilities
Exercise: Structuring your BCP – creating the standard format
IT Continuity Plan
Crisis management and crisis communication
The logistical aspects of business continuity

Day 3

Welcome
Day 2 debriefing and Q&A
Promote and embed business continuity in the organization
Business continuity exercises
Exercise: Organizing your BCP exercise plan
Maintenance of the BCMS and Business Continuity Plans
Lunch break
Equipping business continuity management
Managing BCP performance and BCP audits
BCP Quiz
Go further on the road to business continuity
General debriefing of the training and questions/answers
Training Evaluation Questionnaire

Business Continuity Management Systems 5 days for experts

2500 € / pers.

Taxes not included

minimum class size : 3

Description

This training explains in detail the principles of the business continuity management system. A complete and totally ISO 22301 compatible method provides the techniques and practices necessary to carry out all the phases of the continuity management system. This training is a mine of data that will be useful to the BC Manager throughout his career. Numerous and very illustrative practical exercises accompany this course in a fun and instructive way. One of the most comprehensive courses currently available.

Goals

The objectives of this training are:

- Understand the challenges of the organization in the face of risks and the reasons that make Business Continuity Management necessary
- Raise awareness of business continuity concepts and tools
- Choose and apply an effective method compatible with the ISO 22301 standard
- Provide the major techniques for building a Business Continuity Plan (BCP)
- Make the professional directly operational and equipped for the most complex subjects

Audience

Business Continuity Manager, CISO, Security Manager, CIO, Risk Manager, Auditor

Level : experienced

Prerequisites : Good knowledge of BCM principles

Language :

French and English

Educational means :

Training material printed on paper and downloadable

Video projection or video learning

Documentation for exercise and simulation workshops

Assessment : A training certificate is given to trainees. This training does not give rise to a formal assessment of the training acquired.

Training agenda

Day 1

Welcome of participants and presentations
Training agenda: days 1, 2, 3, 4 and 5
Definitions and key concepts
Current standards and best practices – ISO 22301
Continuity Management System (SMCA)
Business Continuity Policy
The design of a BCP project
Exercise: Putting the BCP project on track

Day 2

Welcoming participants
The Business Impact Assessment (BIA)
Exercise: Design of the BIA questionnaire and simulation of implementation
Basics of Risk Analysis
Exercise: preparing a risk analysis method for the BCP and simulation of implementation
Continuity strategies

Day 3

Welcoming participants
The Business Continuity Plan: structure and content
Roles and Responsibilities
Exercise: Structuring your BCP – Creating the standard format
The Business Continuity Plan
IT Continuity Plan
Exercise: Plan for IT recovery

Day 4

Welcoming participants
Crisis management
Crisis communication
Exercise: Designing a Crisis Communication Plan – mock implementation
The Logistics Aspects of Business Continuity
Promote and embed business continuity in the organization
Exercise: Designing a BCMS Training Plan

Day 5

Welcoming participants
Business continuity exercises
Exercise: Organizing your BCP exercise plan
Maintenance of the BCMS and Business Continuity Plans
Equipping business continuity management
Managing BCP performance and BCP audits
BCP Quiz
Go further on the road to business continuity
General debriefing of the training and questions/answers
Training Evaluation Questionnaire

ISO 22301

Lead Implementer

4,5 days + Certification exam

**Price
on demand**

Description

This training is focused on the ISO 22301 standard and its environment to give you a complete knowledge of it and directly applicable in the field.

It is the best preparation for the ISO 22301 Lead Implementer certification which is the last step of this module (option).

A quality support with many annotations is provided to you during this training. Each key concept is illustrated with exercises and examples that are realistic or from the trainer's experience.

At the end of this training, you have a broad knowledge of the methods and tools that will help you design a solid and efficient business continuity management system.

Goals

The objectives of this training are:

- Provide all the knowledge useful for the design of a complete and efficient BCMS
- Prepare for ISO 22301 Lead Implementer certification
- Provide knowledge to prepare the organization for ISO 22301 certification.

Audience

Business Continuity Manager, CISO, Security Manager, CIO, Risk Manager, Auditor

Level : experienced

Language :

Educational means :

Prerequisites : Basic knowledge of BCM principles

French and English

Training material printed on paper and downloadable

Video projection or video learning

Documentation for exercise and simulation workshops

Assessment : Certification exam.

CISO

Professional practice and methods

2800 € / pers.

Taxes not included

minimum class size : 3

Description

This training prepares for the profession of CISO. It reviews the key components of the profession in order to define an exhaustive methodological framework for becoming a CISO and maintaining the skills necessary for the function.

All technical and management skills are covered, explained and applied in fun and instructive exercises.

This training and the booster that accompanies the future CISO in his first steps and gives him the tools to effectively assume his role.

Goals

The objectives of this training are:

- Understand the role and responsibilities of the CISO
- Understand the position of the CISO in the organization
- Understand IS governance and security policy
- Provide methods and techniques useful to the CISO function
- Identify cyber threats and design appropriate management strategies
- Design a comprehensive and robust security plan
- Master the standards and regulations relating to cyber security

Audience

(Future) CISO, Security Manager, CIO, Risk Manager, Auditor, Security engineer, IT engineer

Level : Beginner

Language :

Educational means :

Prerequisites : Good knowledge of security techniques

French and English

Training material printed on paper and downloadable

Video projection or video learning

Documentation for exercise and simulation workshops

Assessment : A training certificate is given to trainees. This training does not give rise to a formal assessment of the training acquired.

Training agenda

Day 1

Introduction to the job of CISO
Getting started with the exercise framework
Exercise 1: the mission of the CISO
Organizational aspects of security
The repositories
IS Security Policy (PSSI)
Security governance

Day 2

Organizational aspects of security
Dashboards and security indicators
Incident management
Exercise 2: Create the PSSI
Technical aspects of security
Information System Security Management Systems
Basics on ISMS

Overview of ISO 27000 and other standards
ISO 27001 and ISO 27002 basics
Exercise 3: References

Day 3

Exercise 4: ISMS project
Audit preparation
 Principles
 Implementation
Risk management
 Overview of methods
 The stages of risk analysis
 EBIOS, Mehari and ISO 27005 methods

Day 4

Exercise 5: the (light) implementation of EBIOS
CISO and the law
The security market
Exercise 6: Dealing with a cyber attack problem

Day 5

The Security Operation Center (SOC)
Future developments
Training review
Questions and answers
Exercise 7: My 2022 2023 action plan
Satisfaction questionnaire
Acknowledgments and end of training

IT Continuity & DRP

Best practices and methods

1200 € / pers.
Taxes not included

minimum class size : 4

Description

The IT continuity plan is one of the most complex elements of the business continuity plan. It therefore takes rigor and method to carry out this exercise successfully.

This training reframes the IT Continuity Plan in the context of the Business Continuity Management System recommended by the ISO 22301 standard.

Beyond the simple documentation of the DRP solution, the training reviews the various strategies for responding to a cyber incident and the best practices for preparing for a large-scale computer crash.

DRP solution validation exercises are also covered in great detail to complete the DRP development framework.

Goals

The objectives of this training are:

- Understand the BCMS big picture
- Understand the ISO 22301 and associated standards and good practices
- Understand IS components of the BCMS and recovery strategies
- Understanding of DRP design, implementation and testing

Audience

BC Manager, CISO, CIO, Risk Manager, Auditor, Security engineer, IT engineer

Level : Professional

Prerequisites : Good knowledge of IT infrastructures

Language :

French and English

Educational means :

Training material printed on paper and downloadable

Video projection or video learning

Documentation for exercise and simulation workshops

Assessment : A training certificate is given to trainees. This training does not give rise to a formal assessment of the training acquired.

Training agenda

Day 1

Welcoming participants and presentations
Overview of the standard method for designing a Business Continuity Management System (BCMS)
Positioning of DRP in the overall organization of the BCMS
Best practices and applicable standards
Exercise: DRP Actors: Designing and Implementing
DRP organization, roles and responsibilities
The Basics: Backup and Restore
Continuity Strategies:
 Information Systems & Data Centers
 Network & Telecom
 Stations and Work Environment
Exercise: Designing Your Company's IT Continuity Strategy

Day 2

Welcome
Day 1 Debrief (Q&A)
Management of suppliers and control of emergency contracts
Exercise: Writing PCI Specifications
DRP documentation structure
Formalization of strategies
Procedures to be integrated into the DRP
Exercise: Writing a Sample DRP Format for Your Business
Validate your DRP through exercises
Keep DRP up-to-date
Quiz "IT Continuity Strategies and IT Continuity Plan"
IPC FAQs
Questions answers
Conclusion
Training Evaluation Questionnaire



Cyber Crisis Management

Best practices and methods

1400 € / pers.

Taxes not included

minimum class size : 4

Description

Hardly a week goes by without the news mentioning a case of cyber attack on an organization or an institution. Cyber war has been declared for a long time and it is getting worse. Companies that felt spared some time ago are now the target of ransomware in the same way as multinationals.

This training presents a state of the art on cyber attack methods and appropriate response techniques.

It also presents an original and extremely effective method for responding to cyber incidents and cyber threats. This training is a compendium of current best practices and prepares the CISO to respond to the worst disaster scenarios.

Goals

The objectives of this training are:

- Understand the cyber crisis process
- Understand IS components of the cyber incidents and strategies for an appropriate response
- Understanding of cyber crisis response process

Audience

BC Manager, CISO, CIO, Risk Manager, Auditor, Security engineer, IT engineer

Level : Professional

Language :

Educational means :

Prerequisites : Good knowledge of IT infrastructures

French and English

Training material printed on paper and downloadable

Video projection or video learning

Documentation for exercise and simulation workshops

Assessment : A training certificate is given to trainees. This training does not give rise to a formal assessment of the training acquired.

Training agenda

Day 1

Welcoming participants

Training agenda: day 1, day 2

Definitions and key concepts of crisis management

From crisis management to managing a cyber crisis

Key examples of cyber crises

The specifics of a cyber crisis

Methods of managing a cyber crisis

The Cyber Crisis Management method of Resilient Shield

Exercise: Designing your “Cyber Crisis Management System” project

Modeling cyber crises

Day 2

Welcome

Day 1 debriefing and questions/answers

Cyber crisis management planning

The Cyber Crisis Team

Roles and responsibilities in a cyber crisis situation

The Cyber Crisis Management Plan (CCMP)

Interactions of the Cyber Crisis Management Plan with other plans

Exercise: Designing the CCMP

Equipping cyber crisis management

The Cyber Crisis Command Center

Equipping cyber crisis management

Cyber crisis management training

Cyber crisis exercises

Maintenance and improvement of the cyber crisis response

Exercise: Cyber crisis quiz

Develop your knowledge of cyber crisis management

General debriefing of the training and questions/answers

Training Evaluation Questionnaire

New training projects

For your information



We have plenty of new training projects. They are all more exciting than each other, but above all we want to meet your needs. Which of these projects corresponds to a current or future training need? If the answer is "none" then we would be curious to know more about what you are missing.

- BCMS: What Management Needs to Know and Master
- Practice of impact analysis
- Supply chain continuity strategies and plan
- BCMS audit
- Everything you didn't learn from BCMS training
- The Risk Management process and ISO 31000
- Risk analysis and EBIOS

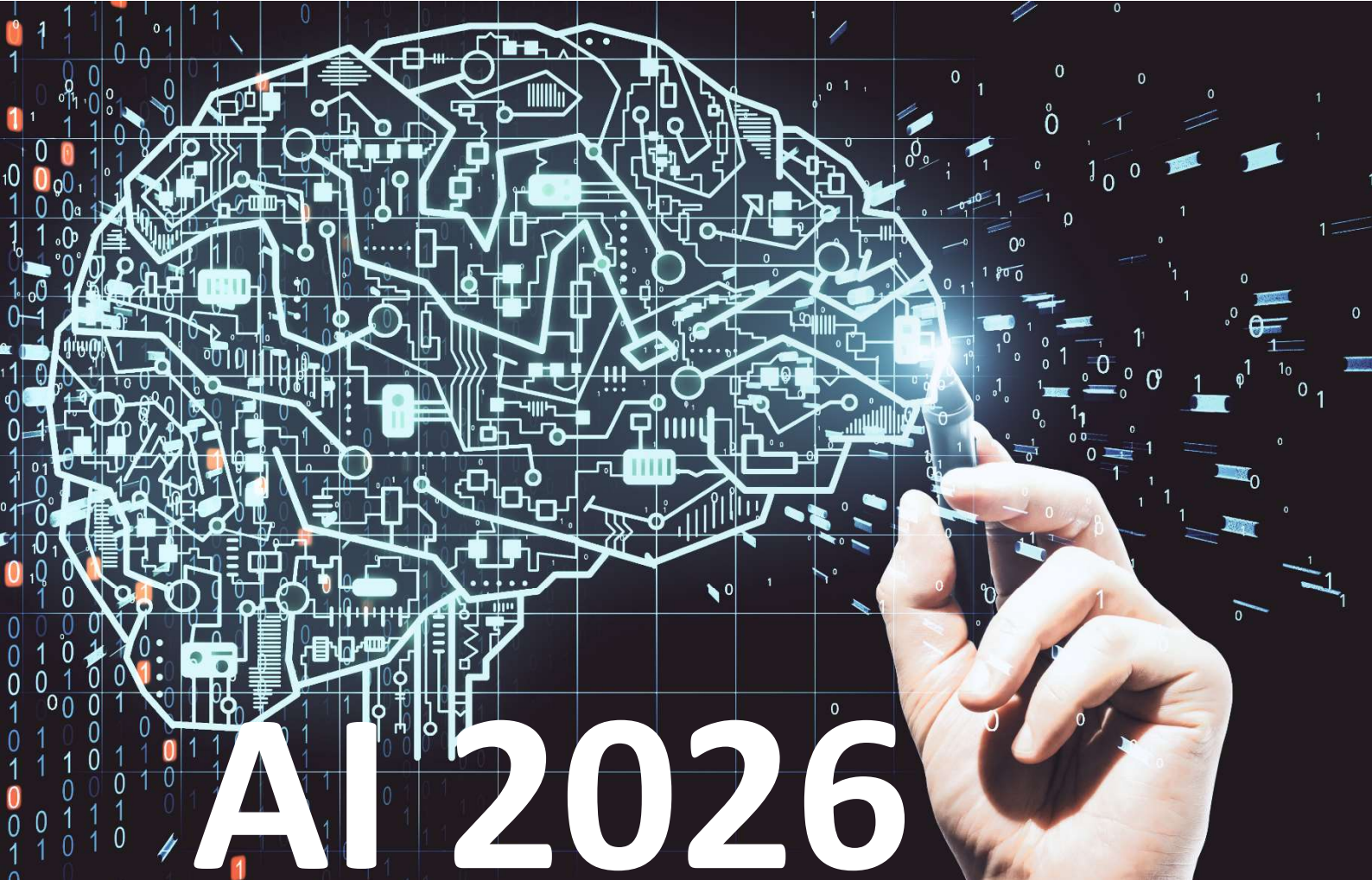
Order training(s)

Resilient Shield Consulting
75, bd Haussmann
75008 Paris
infos@resilient-shield.com

First Name : _____
Last Name : _____
Company : _____
eMail : _____
Phone : _____ Mobile: _____
Address : _____

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Notes:



AI 2026

NEW IN 2026 :

After 3 years of development, Resilient Shield Consulting proposes new training modules dedicated to new AI infrastructures

- AI for Risk and Risks of AI
- AI for resilience and Resilience of AI
- AI driven audits

Contact us for detailed information and pricing