Off Mute Episode 1

[Intro music.]

Isabella: Welcome to Off Mute, a podcast about women in cybersecurity.

Sophie: We're Sophie,

Isabella: Isabella,

Sam: and Sam,

Sophie: Three Cyber Fast Streamers just beginning our careers in the Government Security Profession.

Sam: Join us as we hear from women across government about their careers so far, the challenges they've faced, and the great

[Intro music.]

Isabella: Welcome to Off Mute. Today we're joined by Anna, a Senior Threat Hunter at the Home Office.

Anna: Thanks for having me. So I'm Anna, I work in the Cyber Security Operations Centre in DDaT, which is the Digital, Data and Technology department in the Home Office. And yeah, I've been here just coming up for three years now, so it's been- been an adventure so far.

I started on one of the apprenticeships that the Home Office do and really it was just to try and get my foot in the door within- both within cybersecurity and in the civil service. That was really daunting to start with because we started on day one of lockdown, our learning provider ditched us right at the start, so it was a bit of a tough start to it. And then from that, just kind of moved teams to work on different projects and have now ended up in the Threat Operations team doing some threat hunting work now which has been interesting.

Isabella: Yeah? Are you happy you sort of ended up there?

Anna: Definitely, yeah. I think that's probably one of the things- I'm glad I stuck it out. The first six months, yeah, were really challenging so I think if I'd sort of given up there then definitely wouldn't be able to work with some really cool people and doing different projects.

Isabella: That's good. Let's kind of take a more high level approach now and look at maybe how would you define cybersecurity, and in kind of your opinion what do you think the future of that looks like?

Anna: I think just at a really high level, it's just looking after your, like, computer systems and networks and making sure that there's no malicious activity. I think when you start looking into it more, there's so many different pockets within cybersecurity. So we've got threat hunting, threat intelligence, vulnerability management, and then there's also the, obviously like, the protective monitoring side. But within that, there's kind of such a vast field that people can look into so if you've got a specific interest in something, you can usually find it and work on it, which is really cool.

Isabella: Do you wanna tell us a little bit more specifically about, like, threat hunting because that's kind of your remit.

Anna: Yeah, of course. So our team proactively goes and interprets threat intelligence and we go and try and find it in our networks. So luckily, most of the time we can't ever find it, which is good, because obviously it would be a breach in that case. So we then put in different queries or different use cases to alert if the email gateways or the firewalls did happen to let something in from a malicious actor. Or if we had an insider threat, making sure that we've got the right alerts in place to notify the right people on it.

Isabella: And I think maybe, for some people listening, that sounds, like, super technical and super high level. But you didn't really start off in a technical pursuit in a career did you really?

Anna: Yeah, exactly. So I started- at university, I did English Literature and American Studies, which is such a good degree. It's really- again, it's just really wide, kind of a theme with how my brain works is just keep things wide. Yeah so I came in with sort of like, a little bit of data analysis background, some transferable skills from doing a humanities degree. From there – if you're able to sort of learn, if you want to learn, if you've got an interest, then you can just take yourself down a technical, technical road. So I think I came in at a good time, into cyber.

Isabella: And was there a particular motivation for it being cyber specifically, or…?

Anna: I think I just wanted more of a, sort of, tangible feel that I was actually kind of helping people, protecting people and cyber's just expanding constantly. We've all got a digital footprint, it's just getting wider and wider so it seemed like a really interesting field to get into, and again just so many options within that as well. And also just to be a bit nosey as well. [Laughter.] See what's going on in the world.

Isabella: That kind of touches on, I guess, maybe expectations you had before you'd started and then how they've materialised since. So, before you got involved in cyber what did you think it was going to be like originally and then has it lived up to those expectations or is it vastly different?

Anna: I did think there'd be a lot more eye scanners around here to be honest. But no, it did- I thought the kind of bad expectations I had, I thought people would be really scary, everything would be really strict with how you have to follow your work and really strict procedures, really strict processes but it's actually a really flexible working environment. People are really keen to help you out and really open if you kind of ask them questions, so that's something I'm glad has been dispelled. And I think it is a really male-dominated place and I had that impression before and it is still the case which is unfortunate. But, hopefully, there are some incentives out there, but I do think we've got such a diverse country and ideally, like, all workplaces would reflect those demographics and the cyber and the tech field is certainly lacking in that. I think, you know, hopefully, it's been raised and people are trying to do things like more flexible working and like, there's a push to kind of have the tech sector outside of London and up north a bit more so hopefully it improves on a wider scale as well as on a smaller scale.

Isabella:	Yeah, and touching on that improvement, there's sort of a severe lack of women in leadership positions – civil service specific within cyber and DDaT and globally in the private sector as well. So, how do you sort of…manage that? If your managers aren't, you know, potentially feeding into the female experience in cyber or can't relate to that? How does that affect, you know, your working environment?
Anna:	Yeah, it's challenging at times because you feel when you do speak to male colleagues they don't quite understand or they don't quite get why you might be upset at something, or they can't see certain microaggressions.
	So, I think it's been really good we have had a few more women join the CSOC specifically the last sort of six months and that's been really encouraging because it's just a group of people that you can chat to and you can communicate issues about. So then, together, we've created a Women, Non-Binary and Trans group. So, just having an official platform for us to chat, we've all kind of got a lot closer through that but then it also gives us that platform when we want to raise issues to senior management, or we want to create our own workshops we've got a more sort of official space to be doing that. So, I think that's helped but yeah, I would definitely like to see more female senior managers at a technical level.
Isabella:	And is setting up groups and networks like that something you'd encourage for other women in the workplace potentially?
Anna:	Yeah definitely, I think especially on a smaller, like more local level. Um, the civil service in general is quite good at just sort of having these, these large groups of, you know, women in the workplace, um, different diversities in the workplace, but I think sometimes when they're so large scale, people don't feel like that comfortable to raise their voices in kind of meetings where it's, you know, a couple hundred of people. So I think having smaller, sort of say like 10 to 20 people, you get to really know the people that are in that group and you can really chat openly and, and feel confident with who you're sat around a table with. It's a bit more kind of personal, more human.
Isabella:	No, it sounds like a super positive thing. I'm also involved with it somewhat, so it's nice, like it's such a positive thing that we're all experiencing in the workplace as well.
	Staying on a positive note, what do you enjoy the most about your job?
Anna:	Definitely the people. Um, it's, yeah, it's quite cringey, but it definitely is, and I think without the right team and the right people, I would've left sort of within the first six months and then again, sort of at various hurdles that I've come up against in the last three years. Um, it just kind of brings a more human element to what you're doing and when you're stuck on, on tasks, you've always got someone to turn to.
	It's good as well to kind of, you get to pick people's brains and people are really different to your way of thinking and it's like a good sort of social, people watching space. I think from a work point of view and that work slant, there's the kind of, it's very ad hoc based, what we do in our team. So you're kind of always challenging yourself and pushing yourself and having to learn about

something new. Sometimes that's almost too challenging, but yeah, it's a very interesting, like fast pace to be in.

Isabella: And I mean, evidently that's different than a lot of people's opinions as to cyber and tech being sat at a computer and just staring at a screen. So it's nice that there's a people aspect as well if you are more like socially outgoing.

Anna: Yeah, definitely.

Isabella: And following along a similar vein, what sort of accomplishment in your career are you most proud of today? That doesn't have to be a piece of paper or an examination or anything. Just what do you think that in your career you can say you are proudest of doing?

Anna: I think it is sort of sticking out those first six months and from that I, I remember it just, it was day one of lockdown. When we first started, I had no cybersecurity knowledge at all. And our learning provider, they couldn't work with us because of covid reasons. And the workspace was figuring out how to do cybersecurity remotely, making sure it was all safe. So you kind of felt so small.

Isabella: Yeah. And just isolated.

Anna: Isolated completely. Yeah. So just sticking it out and I spoke to my manager at the time and he was just… I was just, you know, "I, I need to leave. This is so horrible." He's like, "Right, okay, we'll get, get a proactive plan in place." He put me in contact with, um, another woman in the CSOC operations team and put me on a project that I was a lot more interested in, so I just really felt listened to. And then from that, just having really lovely team members. It just encouraged me to just keep progressing. So within then, the first couple of years of working here, I managed to progress up a couple of bands quite quickly. So I think that whole trajectory in a relatively short space of time is, is probably what I'm proudest about.

Isabella: Yeah, and it probably highlights as well the positive aspects of people that you were mentioning and um, people supporting and being there for you.

Anna: Yeah.

Isabella: So, sounds like a really good work environment to be honest. Let's move on now to maybe like your skills, and we've mentioned like technical capacity, so how have they sort of changed or developed from when you first started in the role?

Anna: Yeah, so they've just come on leaps and bounds. Yeah. I had a bit of data analysis experience. I used to work in the NHS as an information analyst, and that was pretty much just creating the graphs that we all saw during the dark times of Covid. They were transferrable skills, but then working with the civil service, and then also in cyber, we have all these different like free platforms that we can utilise. We're put onto a lot of in-person trading, which I think really you get that practical element of what you're learning about. So I've got like a few more coding languages to add into the mix now. I understand how computer networks work, which I never thought would be anything possible.

	I'm a bit of a technophobe outside of work, so that's kind of like a huge increase in, in my knowledge, skills there.
Isabella:	Yeah?
Anna:	Just everything in general really. It literally came in with like, nothing.
Isabella:	I mean, you did say that you came in with nothing. Yeah. It's nice to see how much you've improved, I guess. Since not knowing anything at the start.
Anna:	Yeah.
Isabella:	And how you are now.
Anna:	Yeah. Sometimes I do sort of take a step back and like, oh my God, I actually know. I know stuff, which is kind of, it takes you by surprise, like how much you know, you don't realise it until you sort of reflect on it.
Isabella:	Which I think can kind of help a little with imposter syndrome, if you think about how far you've come and how far you've like progressed, then shuts down the little voice of your head.
	For listeners as well, what skills do you think are the most critical to a career in cyber?
Anna:	I think just to be really nosey and to be intrigued and stuff. I think especially with cyber, there's always something new that you're going to have to learn about. So I think if you've got that attitude where you want to find out something and you've got the determination to keep figuring out a puzzle, because it can be really frustrating work sometimes. You kind of come up against so many walls, either in terms of tooling capability or you can't quite get one of your queries to work. You have to kind of just keep with that determination. And I think if you're open to sort of asking people for help, then you can really sort of push yourself through and people are open that you're not going to know, know everything and are quite transparent with what they do and don't know. Yeah. I'd say yeah, just being intrigued and, and determined are good, good skills to have.
Isabella:	Yeah, and I think those sort of align to more soft skills as opposed to technical?
Anna:	Yeah, definitely. I do think people always have that assumption that you do need the technical, technical skills, which obviously are mandatory in some ways, but then soft skills, they're massively overlooked. And I think if you can't collaborate and contribute together then, you know, you are kind of putting yourself at disadvantage. I think especially within cyber, if you have all these different creative brains working together, then you're putting yourself ahead of sort of machine learning, um, and stuff that kind of limited like AI can do. So I think you're just a stronger workforce if you have that communication and it's not just kind of individuals sat at their computers, not, not speaking to each other.
Isabella:	No, a hundred percent. I think that's reassuring to people that don't have any technical ability right now either.
Anna:	Yeah.

Isabella:	You don't need it to start off. You can always transfer into it.
Anna:	Exactly. Yeah.
Isabella:	Touching upon skills, we're just chatting about them now. How would you say you could then develop skills? Maybe less of the soft ones, which people are more used to practising in the workplace, more of maybe some technical ones. If people want to get a bit ahead, what tools could they maybe use?
Anna:	Yeah, so I find, I know it's still touching on the soft skills, but I do a lot of one-to-one shadowing with people because I find you can just ask a hundred questions that say a learning environment, you can't. Like if it's a lab, if it's a practical lab, you can't go back and like ask all these questions to it. You know, people can put their examples into a metaphor for you, for example. So if you don't understand something on a technical level, you can get someone to break it down a lot smaller. So I think that's a really powerful way to learn technically.
	And then obviously, yeah, we do have Immersive Labs and O'Reilly and the Microsoft Hub. So again, it's all that different types of training, either kind of written and practical training, in-person training, so.
Isabella:	With something like a one-to-one, um, have you got any advice maybe about how to reach out to somebody that you want to shadow or spend some more like working time with?
Anna:	Yeah, mine, I tend to go down just trying to just have like a personal, um, connection first, just first and foremost and just kind of break down, sort of, it helps with your own confidence levels. If you've got a bit of a repertoire with someone, sort of, that's not focused like only on work, and then you feel more comfortable to, to ask technical questions.
	And I think people always say like, oh, it sounds like a stupid question, but X, Y, and Z, and it never is. It's always something that you, you need an answer to, and sometimes the person you're asking, they don't even know. So that opens it up to a wider discussion.
	On a larger scale, there tends to be fewer women that have come in with STEM degree backgrounds. So if you are kind of talking to a colleague who has a computer science masters, you are already having that inferiority. So, you constantly feel like you're having to, to match someone with, you know, a master's degree and something that you don't have. But I think, again, it's just such a myth that you do need a computer science degree. If you are interested in it and you, you have the right attitude, you can get into it. And there's so many non-technical areas within cybersecurity as well that people often, often forget about. So like cyber policy for example. Or just even communication and, and comms around that. So different business engagement areas too.
Isabella:	In terms of maybe like management and leadership styles, I know you've got a little bit experience now of like managing and being in a more senior role. So what do you think, as you're starting out on a more like leadership based journey, the skills that you've taken on, have been the most positive for your leadership style?

Anna: I think just figuring out who you're, you're trying to mentor or lead, um, and just figure out how they work because you can't just force your own ideas onto someone. You need to have that, that back and forth and figure out what, what they need from you just as much as what you can get from them. So I think just, yeah, having that open communication right from the start. Um, you know, how do you want to be managed? Do you want, um, you know, loads of kind of check-ins? Do you want to just be left to your own devices? And I think always just having, having a plan of action as well. I, I love a plan and think even if you want to be left to your own devices, you still need a kind of something actionable that you can work towards. And again, a lot of the times in, in cyber, you're given a very large task and it sounds quite daunting. So. Just breaking it down into smaller bite size chunks I think just helps with the flow and helps with motivation.

Isabella: When the shoe's on the other foot as well, and you are the one being, you know, managed, what do you think's the best skills you've had as somebody being managed, as opposed to being the manager?

Anna: Just someone listening to you and someone who's like open to, to what you're saying. And if it's something that then they don't know about, they'll kind of go off and, and find the answer for you. Or in the past, if I've raised, say for example, being interrupted by colleagues on calls, then my, I've raised it to my manager and, and he'll be like, okay, if I notice that on a call, I'll also sort of voice it there and then as well as you, so you don't kind of feel as intimidated. So just being, just being really heard, I think, is important.

Isabella: We mentioned there about your manager, but uh, have you got any mentors at work or people that inspire you or you look up to?

Anna: I think, um, just all the women in our Women, Non-binary and Trans group, there's just such a big range of personalities and people have so many different skills there, all come from different backgrounds and it's just, just a really encouraging place and you just feel like you have this sisterhood and you know, somewhere to talk and share, share experiences with and you feel very, very seen and people respect like each other's personalities and stuff. So it's such a really, just really invigorating to be around people like that.

I think from other, other stances we do have like really lovely male colleagues as well and some really intellectual ones, and they just will obsess over something so, so tiny, but they'll know so much about it and it's, it's really impressive when you kind of pick someone's brains and they just have a fountain of knowledge.

Isabella: So how do you sort of feel about like hybrid working or working in person? Do you prefer working in person or…?

Anna: I do personally, yeah. I think it takes a lot longer with, with hybrid working, working remotely, it takes a lot longer to build those connections and you know, people if they don't have their cameras on or you are just all on really big calls where people aren't really, there's only a couple of people talking, it takes a lot longer to make those relationships. Um, but I think it's also the responsibility of people who have been there a bit longer to like, utilise their relationships that they've made, make more introductions to people that are

kind of new to the team and just kind of maintain that inclusive workspace rather than it being sort of a drop in the ocean and, and a phase, for example, like I hope with this group that we just manage to maintain the momentum of it and just keep it kind of a permanent factor in CSOC now.

Isabella: Yeah. And I know, I know it's not always an option for everyone to work in person, and remote working obviously feeds into that, but do you have any tips maybe for like networking or communicating online?

Anna: I think just going to the, the like non-work talks you tend to make even just like one or two kind of connections or a bit of small talk or people will have a random fact that comes up that you can then, if you then see them in person at a group event, you can, you can sort of break that ice initially a lot quicker with them. So yeah, do go to the, the kind of the quizzes and, and the calls and if you can have your camera on as well, just again to, to speed up the connection.

Isabella: Well, let's, let's ask an even bigger question now. Um, thinking long term. What direction do you see your career going in? You know, are you, are you planning on staying in cyber?

Anna: I think so. I think I'd probably go more down the threat intelligence and online harms route. And again, just kind of keep up with me being a very nosey person, but also like I feel like I can actually, I'm helping people, so maybe working on sort of a smaller scale, um, in terms of like online harms.

There's also an increase in organisations who are working with, um, psychologists as well now, and they work with therapists. Um, and you kind of study the pattern of extremist online behaviour and then the aim is to try and intercept that before it turns extreme and then, um, liaise with psychologists and try and prevent some of that extremist behaviour that you can kind of see forming from the early stages. So I think that would be something really, really rewarding. Obviously it would be quite intense at times, but yeah something like that

Or to kind of go down the, um, go down the path of just encouraging more girls and women into, into the cyber world, um, is something I feel really passionate about and have gone to a few schools in the past just to kind of do talks of, look, you can do English at university, you can do a humanities degree and then move into cyber. So just, if there's, you know, a job out there, I could do that every day. Just going around encouraging people, that would be-

Isabella: I think it's nice for girls in schools as well to see other girls standing up there being like, this is what I do. It's not just boys that play video games that go into computer science or whatever.

Anna: Yeah, definitely.

Isabella: Could you see yourself ever joining the private sector? If so, do you suppose the roles and environments would differ? Would it be a similar role, do you think?

Anna: Um, I don't really see it in the immediate future. I think, from what I've heard, there are larger budgets and sometimes better tooling capability.

Isabella:	Which I don't think is a surprise, really.
Anna:	Exactly. Yeah. So that would definitely be a benefit. But then for me personally, I don't think I'd feel motivated sort of working for a corporate hierarchy. Um, I do keep an eye, obviously, on those organisations that are kind of benefiting society still and kind of doing good things for the environment, doing good things for people, have kind of a good diversity and inclusion workforce. So, yeah, never say never. I, I don't really plan too far in advance, so we'll just see, see what happens.
Isabella:	Well, let's maybe do a little retrospective now and think, is there anything that you would've done differently in your career, uh, even as far back as your studies?
Anna:	Um, I don't, in terms of the choices, like the career choices and studies, I think I'd keep them…I think I'd keep them the same. Um, I absolutely love my degree. It was so interesting and just different, you kind of three years of your life where you got to kind of read up on RnB and like noir fiction. You don't get to do that in your job.
Isabella:	No, that sounds very fun.
Anna:	So would not change that in a second. I think though I'd be a lot kinder to myself. I was so harsh to myself and be, you know, "you don't know this, you need to know this." And just be a lot more flexible with kind of my approach to work and, you know, make the most of flexible working. Um, and just asking for more help a lot sooner on, and also to, to start the, uh, the Women Non-binary and Trans group a lot earlier. Because it's only been going for a few months, but loads, positives have come from it already, so.
Isabella:	I like all of those in terms of changing what you would've done differently, because they were all just positives that I think you would've rather got done sooner.
Anna:	Yeah.
Isabella:	So then what advice would you give someone who wants to explore a cyber career? Maybe switch paths or literally just starting out.
Anna:	Mm-hmm. I think it would just to be curious. Again, it's another theme from, from this is just to be really curious with what you're doing and where possible make use of kind of the free resources. Again, I think there's that stereotype that you need kind of a lot of money to get into tech or like you need all this equipment and all this tooling and you need to sign up to do really expensive, um, accreditations. But yeah, ignore the accreditations on the job specs because you'll have the transferrable skills and you can take free online courses that, that will kind of inform you on those accreditations. I think they're obvious- they're often quite a big barrier for people applying for jobs, um, when they see this huge list of accreditations. But if you kind of pick into them, it's just a lot of transferrable skills within that. So yeah, just to be curious. Make use of what is out there for free and just try and slant, yeah, that kind of stereotype that t's just a load of rich white men in tech! [Laughter.]

Isabella: Well, maybe we can dispel some of those rumours as well about what, you know, working in a male dominated field is like.

So we've spoken about, uh, the diversity and inclusion within cybersecurity, um, and it's sort of an ever-growing profession and ever-growing workforce. Why do you think maybe that the numbers aren't as expand- aren't expanding as much in terms of female workforce as opposed to overall workforce?

Anna: Mm-hmm. I think it's, um, probably to do with a lot to do with retention. And the civil service does have flexible working. It's probably one of the, the best, um, flexible working kind of places to be. Um, but yeah, in terms of kind of retention, there's just not… It's just not equipped as well. So there's kind of, in terms of like maternity leave, there's not as many options. A lot of senior female managers, they kind of stay for sort of a year and then they move on. Um, and I don't know exactly why, but I can assume it's to do with kind of, you know, very male dominated, like not having kind of the right infrastructure in place to kind of support, um, that more flexible working when you're up at that super senior level.

Isabella: Are the, is the group that you set up – the network, the Women and Non-binary, Trans, um, group – are they maybe discussing like menopause at all? Because I know that's a massive conversation at the moment.

Anna: Yeah, so, because cyber, I think a lot of people who work in cyber tend to be a lot younger as well. Um, the advice, when I've spoken to sort of external speakers who are looking to come in and give us talks has been sort of get a grip on, on menopause and like how that impacts people at work, what early menopause may look like, um, in terms of people's working patterns or kind of the struggles that they may come across with, with brain fog at work, um, for example. So yeah, definitely just kind of knowledge is, is key seems to be the recurring message there.

And again, just kind of we are looking to – well, Isabella yourself are doing an allyship, um, presentation and a recruit to get, to get the boys on board, um, to become officially female allies. Um, so again, with that, I'd hope that menopause would be covered, covered within that, and again, just educate, educate the men on it as much as, as much as the women and like younger women who, who need to kind of learn about it for later on in life and making sure we've got kind of procedures or processes in place. Um, if it needs to be something that's more, more concrete rather than just talking about it.

Isabella: In terms of representation as well, do you think it would help a lot more women, especially starting off in their careers, if we had senior leaders that you know, looked like them, whether that be female or people of colour or from, you know, a lower socioeconomic background, do you think it would help and encourage people to, um, reach leadership positions as well and sort of help with that retention as well?

Anna: Yeah, definitely. And I think like, just to hear more from those people that have those, um, like different diverse backgrounds as well because you just… it's really limited with what you kind of get to hear. You have to really kind of, it feels like you have to go out your way quite a lot to find those people. Um, and then the men that kind of are in those positions, they don't really talk

about it either. So kind of there's not much conversation going on with kind of how to get into senior management or kind of how to get into strategy making and what to do when you've got all this experience where to go next. So I think absolutely yeah, just seeing and hearing from so many more diverse people and just encouraging, um, the, you know, tech up north, that kind of movement there. There's loads going on up in like Leeds and Newcastle at the moment and just kind of encouraging just the diversity as well and, and putting that focus on, you know, you don't need all this equipment and tech and all this knowledge to be able to get into it.

Isabella: Do you think in, um, your career it's been mostly self-driven or have you had a lot of support along the way?

Anna: Definitely support. I think for each of the roles that I've gone for, it was because other people, other team members or managers said, no, you can do it, you should apply for it. It plays into that, um, that idea that kind of women only feel comfortable applying for sort of 80% of the job. If they, if they know that they can do 80% of the job, they'll then apply, whereas, men it's I don't know, like thirty, I don't know the actual stats, but like thirty?

Isabella: I know, I've seen a similar statistic. Where sort of women doubt themselves more because they think they can't do everything.

Anna: Exactly. So yeah. Without kind of, you know, a supportive team and you know, other women just sort of being like, yes you can do it, you know, put your, throw your hat into the ring as well. Um, so yeah, self-driven, but obviously that comes with a lot of doubts, so having people around you that sort of push you over the line to submit something, submit an application, go for an interview. That's definitely kind of, I think why I'm, I'm here as well today.

Isabella: That's good though. I think that's also why you've been so positive about like communication and talking to people.

Anna: Yeah. I think it's good to be transparent with what you don't know. Um, I think. You know, I always think people know so much more than they do, or they appear like they know so much more. But I think, you know, a bit of self-deprecation kind of goes a long way and makes you more personable and more human.

Isabella: Like you said, it's ever changing. Nobody knows everything.

Anna: Exactly. Exactly.

Isabella: They physically couldn't.

Anna: It would be impossible. You would have to be an AI robot.

Isabella: So I just want to say thank you so much, Anna, for, you know, providing a wealth of knowledge about how you furthered your career and kind of a good insight into a career in cybersecurity.

Would you potentially like to leave our listeners with a recommendation, either professional or personal, whatever. Book, Ted Talk, podcast, whatever you've got.

Anna: For. in terms of books, there's one called Invisible Women by Caroline Criado-Perez, and that just talks about the kind of the differences in how the world is kind of made and catered for for a man. So stuff like seat belts or air conditioning. And it gives those a really kind of tiny examples where you're like, oh yeah, actually a seatbelt is not made for a woman's body. Or it's always really cold in an office because men work better at a college of temperature. So just think that's really interesting and a good reflection on kind of society and how you need to sort of keep your head, keep your head screwed on and keep fighting the good fight. [Laughter.]

Isabella: I need to give that a read. I haven't read that, so I will do Thank you though.

Anna: Thanks for having me.

Isabella: Anytime.

[Outro music.]

Isabella: Thanks for listening to Off Mute with a special thanks to today's guest, Anna. This episode was hosted by Isabella,

Sophie: Written by Sophie,

Sam: And produced by Sam.

[Outro music.]