



security mindfulness

[dwayne.foley@eagledream.com](mailto:dwayne.foley@eagledream.com)



security  
mindfulness  
defined

- the quality or state of being aware that you need to build security into your daily practice
- the secure state achieved by focusing one's security awareness on what one controls, used to achieve a secure state and a good night's sleep

# five steps to security mindfulness

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1

You are in Control  
Sphere of Influence

2

Understanding  
Risk, Vectors, Value

3


Get in Touch  
Detailed documentation

4

Practice  
Build process into your  
daily activities

5

You are in the  
Zone  
It becomes second nature



step 1:  
you are in  
control of...

What is in your Sphere of Influence

as a security  
practitioner  
your influence

IT  
Business  
Management  
Users  
Customers

as an IT  
professional  
their influence

Network

Windows

Linux

Application / Business owner

Application dev and support

Infrastructure (IAM, FW, DNS, Monitoring)

DB

Cloud

Just a process

as a  
business  
professional  
their influence

Business Process

Audits, Assessments, Compliance

Controls

Applications

PII, PHI and other NPI

Paper records & process

# two security concepts

to think about when looking  
at what is in your sphere of  
influence

**Least Privileged**

**Accountability**



# least privilege

(more than accounts)

## Role Based Controls

## Think Subsystems

- OS
- Web
- DB

## System Hardening

- Remove unnecessary packages
- Configure / stop services

## Limit ports and services

- Network
- Application
- Dev

## Think Authentication

## Think Authorization

# accountabilit y

Who did what when

Need to have logs and alerts

Across all systems and systems components

OS, Web, DB, Network (TACAC), Application, Dev

Aggregation and Correlation

Centralized logging

# accountabilit

y  
(a bit of a twist)

What system and processes are under your control

Define ownership and responsibility

Business owner

IT Owner / Custodian

Be clear on what you own and what you are responsible for securing

Be clear on the touch points (gray areas) -- the gap!

Be clear on what is not yours but make sure you know who owns it

hey it's the  
"security  
guy"

"I don't do security you do"

A large, leafless tree stands in a grassy field under a cloudy sky. The tree's branches are bare and intricate, creating a silhouette against the light sky. The ground is a mix of green grass and brown earth.

step 2:  
understanding

Value of the data and systems to the business  
Risks  
Vectors of attack

understandin

g

what has  
value

What is the Classification

Intellectual property

Regulatory

Contractual

National Security

Sensitive

- PII
- PHI
- Financial
- Reputational
- PCI (PAN)

# understandin g risks

What type data do you have

Where is the data

What system components are you protecting

- OS
- Web
- DB
- Application
- Network
- Are you plugged in to get security updates from the vendors

# understanding g vectors

Internal

External

What is the Security Maturity level of your environment?

What controls do you have in place

Have you limited access to need to know?

Least privileged

How would you hold someone accountable?

Accountability - logs and alerts - review



you need to  
be plugged  
in

CTI

Know your environment

Get alerts and bulletins

Review how that matches your environment

Have an escalated patch plan

story about  
(not)  
understanding  
risk

lack of encryption  
not least privileged  
any any rules or viruses  
not accountable not patched

step 3:  
get in touch

Accurately documenting

JUST  
BREATHE

# diagrams and lists

Detailed Diagrams

Inventory

- Hardware
- Software
- Users

OS Levels

Patch Levels

Support sites to get patch alerts

# Procedures

(patching example)

How to apply escalated patches

Approval

Who to notify

Who is impacted

Risk decision to escalate to

# responsibility matrix

Who does what  
Backup resource  
Trained  
Skill Set

# least privilege role based controls

We often think about just the OS

For each system component

- OS
- Web
- App
- DB
- Network

# monitoring - logs and alerts

Hard to do

Need to document what is being logged

Templates for each system component

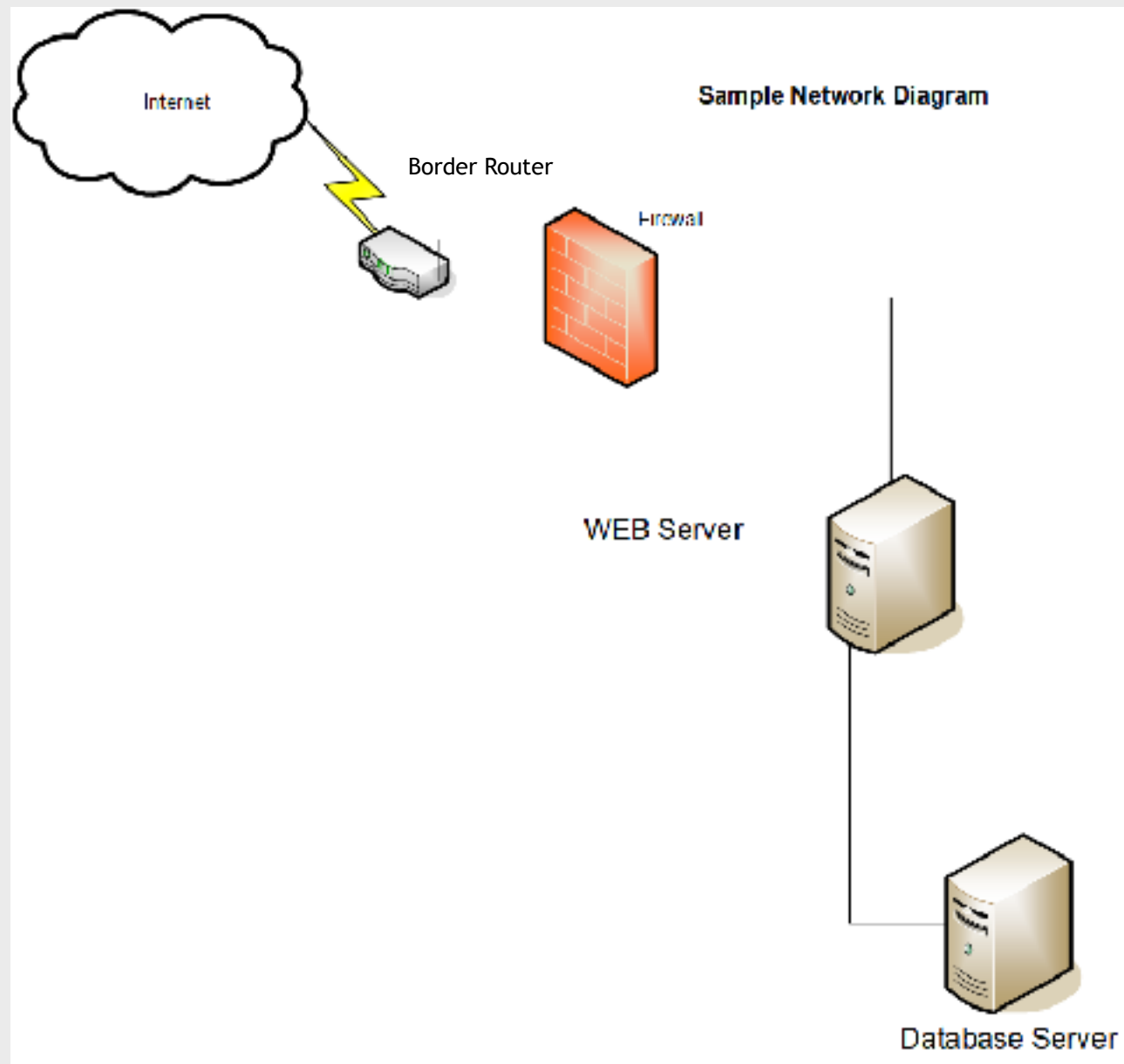
New tools

Cloud

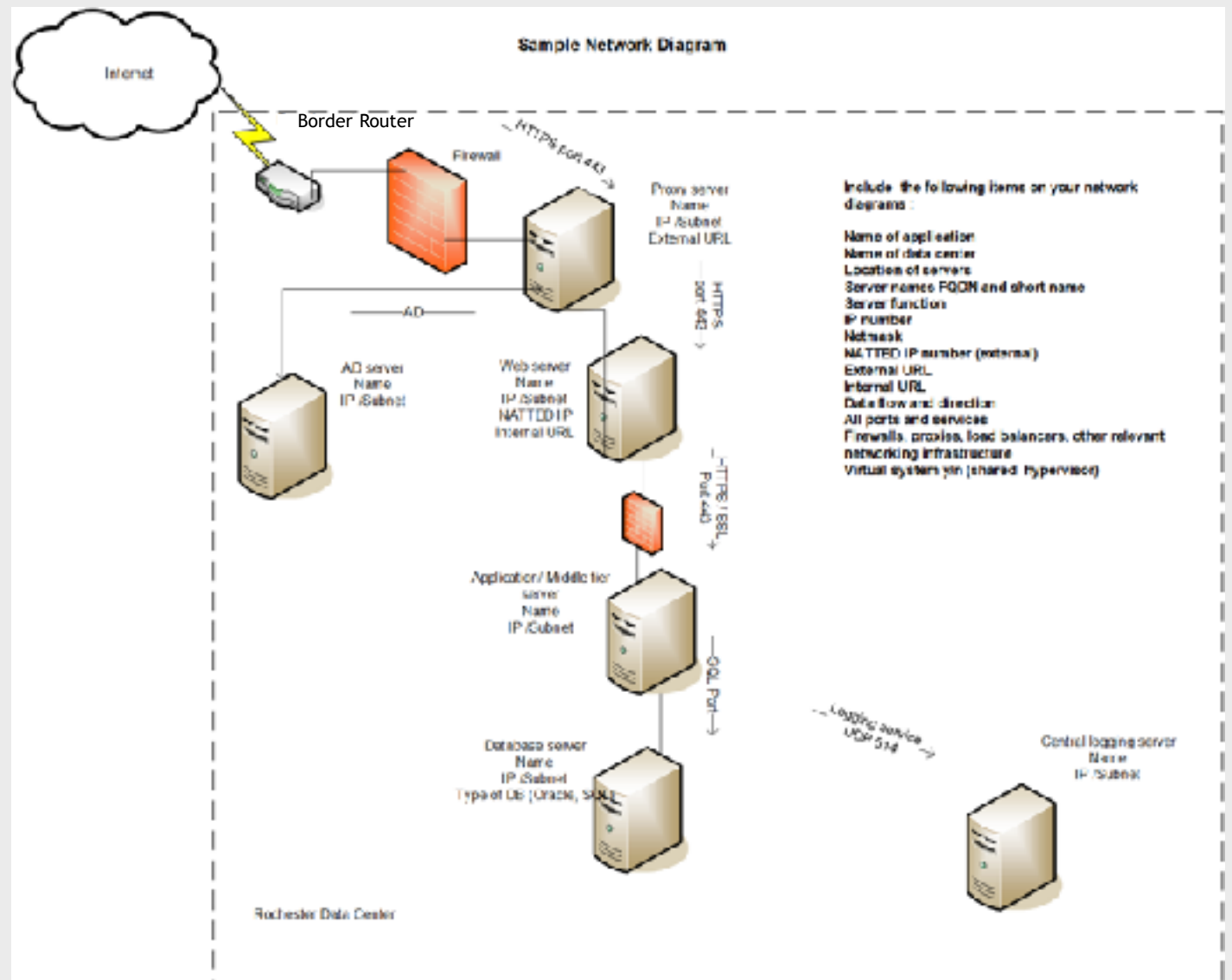
Think Kill Chain and be smarter about what to log and alert on



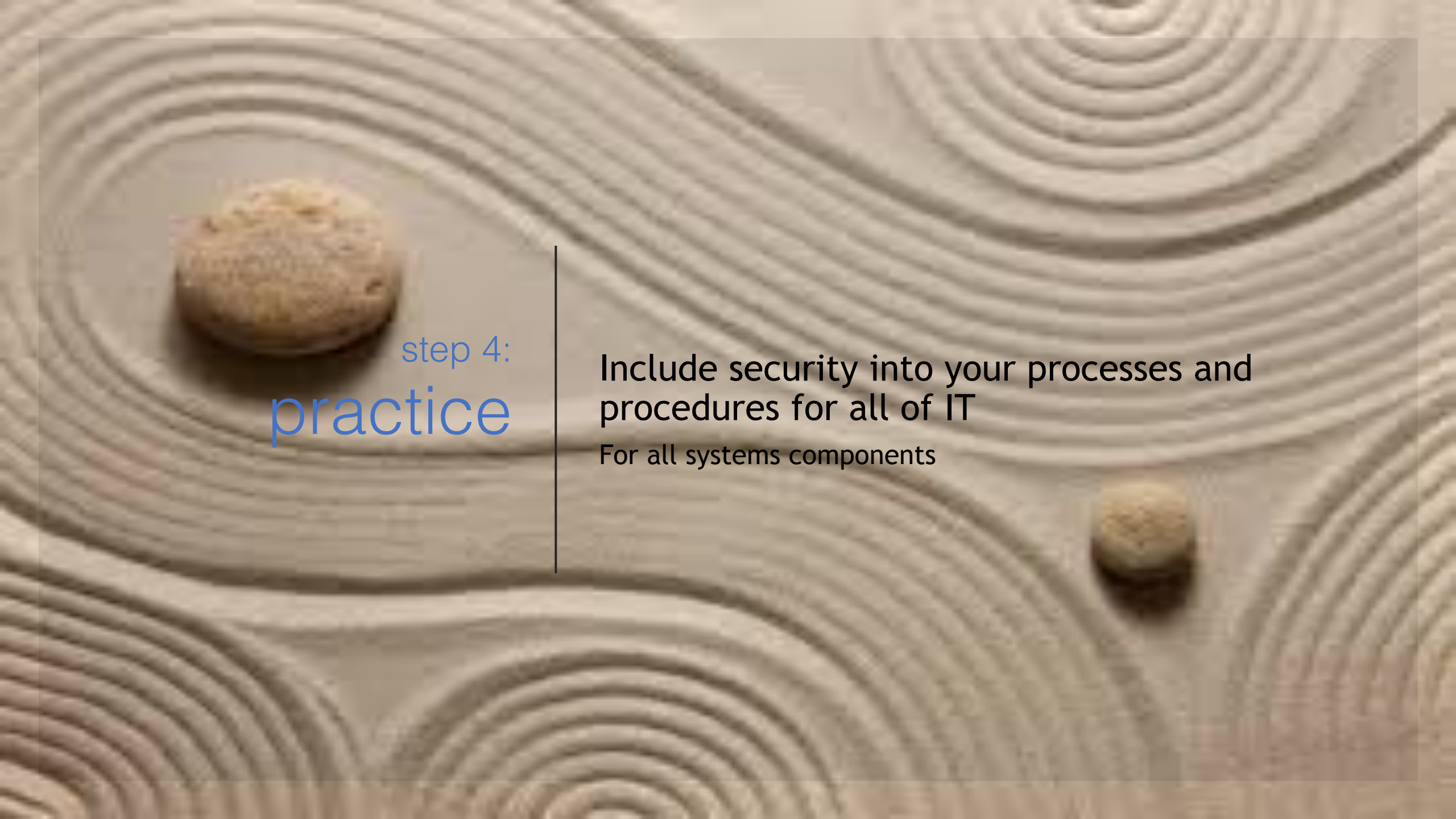
example on  
docs



better  
diagram





A Zen garden with raked sand patterns and two small stones. The sand is light-colored and has been raked into concentric, wavy patterns. Two small, smooth, light-colored stones are placed on the sand. The background is a soft, neutral tone.

step 4:  
**practice**

Include security into your processes and procedures for all of IT

For all systems components

# hardware

Gold images

Check system hardening status after build

Checklist

Have it reviewed before deployment (like a code review)

# software

Check update and patch levels

Know your dependencies

Know your inventory

Configurations, setting and modules

Checklists

daily and weekly  
tasks that include  
security

Check audit trails

Scan

Review log reports

Check for patches and updates

Build metrics

Improve

example on  
building into  
practice

Training required for anyone that wants to develop

All developers that build software have to have OWASP-type training

*This one action had tremendous impact!*



step 5:  
it becomes  
second  
nature

Built into all processes and procedures



# built into SDLC

OWASP training

Scan early , scan often

Code reviews

Dev opps - ZAP tool

In the cloud have a hardened image, in AWS  
CIS AWI

# least privilege rule

It is a mindset

Across all systems components

Don't forget service accounts

Review system and network , ports and services

Review quarterly

# accountability (both types)

## Monitor,

- Alert
- Report on sensitive accounts

## Review

- Quarterly
- Access controls
- Processes and touch points, makes sure cracks do not form

## Update

- Review responsibility matrix
- Things change
- Processes change
- People change
- Needs to be evergreen

built into the  
job description

In the PEP

Part of the performance review

Metrics

Top down

built into the  
design

Security mindset needs to be part of the business requirements from day one of an idea, project, initiative

security  
becomes  
part of the  
base  
requirements

(not optional or phase II)  
without this, it rarely gets done and never  
works efficiently

built into the  
culture

Prego “It’s in there”



## wrap up

As the security practitioner you are the expert and the evangelist

You can't fix it alone, you need everyone's help

Chunk it up

Empower

The mindset is an evergreen risk assessment and security plan

You don't do security", well, you do, but so does everyone commissioning, designing, building, maintaining, using the computing environment

A photograph of a dog, possibly a Weimaraner, sitting on a yoga mat in a meditative pose. The dog is sitting cross-legged with its front paws resting on the mat. The background is a dimly lit room with a lit candle on a table to the left and a vase with dried flowers to the right.

questions

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