



IT Risk Management: Protecting Systems, Infrastructure & Cybersecurity

01 - 05 Jun 2026
Cape town



AGILE LEADERS
Training Center



IT Risk Management: Protecting Systems, Infrastructure & Cybersecurity

Ref.: 36392_44281 **Date:** 01 - 05 Jun 2026 **Location:** Cape town **Fees:** 6000 **Euro**

Course Overview

In today's digital era, IT systems and infrastructures face a growing array of risks, from cyberattacks to natural disasters. Effective IT risk management is crucial for safeguarding organizational assets, ensuring compliance, and maintaining business continuity.

This 5-day training program provides participants with the knowledge and tools needed to identify, assess, and mitigate IT risks. Through hands-on workshops, real-world case studies, and strategic frameworks, participants will gain the expertise required to protect IT systems and infrastructures effectively.

Target Audience

- IT managers and team leads.
- Risk management professionals.
- Cybersecurity specialists.
- System administrators and IT infrastructure professionals.
- Business leaders seeking to enhance IT resilience.

Targeted Organizational Departments:

- IT Security & Risk Management Teams
- Cybersecurity & Compliance Departments
- Enterprise IT & Network Administration
- Business Continuity & Disaster Recovery Planning Units
- Governance, Risk, and Compliance GRC Offices

Targeted Industries:

- Financial Services & Banking
- Healthcare & Pharmaceuticals
- Government & Public Sector
- Energy & Utilities
- Retail & E-commerce
- Technology & Telecommunications

Course Offerings:

By the end of this course, participants will be able to:

- Conduct IT security risk assessments using ISO 31000, COBIT, and NIST frameworks
- Develop IT risk mitigation strategies tailored to organizational needs
- Implement IT governance and risk management techniques to ensure compliance
- Identify and assess cybersecurity threats in IT infrastructure
- Utilize IT risk analysis tools such as heat maps, risk matrices, and threat modeling techniques
- Plan and execute IT disaster recovery and incident response strategies
- Monitor and report IT risk using dashboards, KPIs, and governance tools
- Address emerging risks in cloud computing, IoT, AI, and machine learning security

Training Methodology:

This course combines practical exercises, case studies, and interactive discussions to ensure real-world applicability:

- Instructor-led interactive lectures to provide foundational IT risk management knowledge
- Workshops and simulations for hands-on practice with IT risk assessment tools
- Case studies based on real-world cybersecurity incidents and IT governance challenges
- Risk modeling group activities to assess and mitigate cybersecurity threats
- Final project: Participants will develop a comprehensive IT risk management plan

Course Toolbox:

- IT risk management frameworks & best practices documentation
- IT risk analysis tools & risk assessment templates
- Cybersecurity incident response & disaster recovery playbooks
- Access to curated online resources for IT compliance and governance
- Case studies on IT risk management strategy

Course Agenda:

Day 1: Introduction to IT Risk Management

- **Topic 1:** Understanding IT risks: Types, sources, and impacts
- **Topic 2:** Key concepts in IT risk management: Risk appetite, tolerance, and residual risk
- **Topic 3:** Overview of IT risk management frameworks: ISO 31000, COBIT, and NIST
- **Topic 4:** Identifying potential IT risks in different organizational contexts
- **Topic 5:** Business continuity and IT risk management
- **Topic 6:** IT compliance and regulatory requirements
- **Reflection & Review:** Recap of key learnings and interactive Q&A



Day 2: Risk Identification and Assessment

- **Topic 1:** Techniques for identifying IT risks: Threat modeling and risk mapping
- **Topic 2:** Conducting IT risk assessments: Qualitative vs. quantitative methods
- **Topic 3:** Tools for risk analysis: Heat maps, risk matrices, and impact-likelihood assessments
- **Topic 4:** Evaluating cybersecurity risk assessment methodologies
- **Topic 5:** IT risk assessment best practices
- **Topic 6:** Case study: Creating a risk assessment plan for an IT system
- **Reflection & Review:** Recap and discussion on lessons learned

Day 3: Mitigation Strategies and IT Controls

- **Topic 1:** Developing IT risk mitigation strategies: Avoidance, transfer, reduction, acceptance
- **Topic 2:** Implementing IT controls: Preventive, detective, and corrective measures
- **Topic 3:** Incident response planning and disaster recovery strategies
- **Topic 4:** IT governance and risk management strategies
- **Topic 5:** IT security risk analysis and response planning
- **Topic 6:** Case study: Evaluating the effectiveness of IT risk controls
- **Reflection & Review:** Interactive session and lessons recap

Day 4: IT Risk Monitoring & Governance

- **Topic 1:** Continuous monitoring of IT risks using tools and technologies
- **Topic 2:** IT risk reporting frameworks: Dashboards, KPIs, and compliance tracking
- **Topic 3:** IT governance frameworks for cybersecurity risk management
- **Topic 4:** Risk management for IT systems in enterprise environments
- **Topic 5:** Addressing IT risk challenges in modern infrastructures
- **Topic 6:** Aligning IT risk management with business objectives
- **Reflection & Review:** Discussion and case study review

Day 5: Emerging Trends & Best Practices

- **Topic 1:** Managing IT risks in cloud computing and hybrid environments
- **Topic 2:** IoT risk assessment and security considerations
- **Topic 3:** AI and machine learning security risks
- **Topic 4:** Ransomware risk mitigation strategies
- **Topic 5:** Final project: Developing a comprehensive IT risk management plan
- **Topic 6:** Presentations and expert feedback session
- **Reflection & Review:** Course wrap-up and final Q&A

FAQ:

- **What specific qualifications or prerequisites are needed for participants before enrolling in the course?**

There are no strict prerequisites. However, a basic understanding of IT security principles and risk management concepts is beneficial. Professionals from IT, cybersecurity, risk management, or compliance backgrounds will gain the most from this training.

- **How long is each day's session, and what is the total number of hours for the entire course?**

Each day's session is structured to last 4-5 hours, with breaks and interactive activities included. The total course duration spans five days, approximately 20-25 hours of instruction.

- **How does IT risk management differ from cybersecurity risk assessment?**

IT risk management covers all risks affecting IT systems, including technical, operational, compliance, and financial risks. Cybersecurity risk assessment, however, focuses specifically on threats to IT security, such as hacking, data breaches, and malware attacks. This course integrates both perspectives to provide a holistic risk management approach.

How This Course is Different from Other IT Risk Management Courses:

Unlike other IT risk management courses, this program stands out due to its:

- **Comprehensive Coverage:** A deep dive into IT risk management, cybersecurity, and IT governance frameworks.
- **Hands-On Approach:** Interactive simulations, case studies, and real-world applications.
- **Focus on Emerging Risks:** Dedicated modules on AI, IoT, ransomware, and cloud security risks.
- **Expert-Led Training:** Taught by industry professionals with practical experience in risk assessment and mitigation.
- **Final Project:** Participants leave with a tailored IT risk management plan, ready for implementation in their organizations.



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**Governance, Risk and
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WHO WE ARE

Agile Leaders is a renowned training center with a team of experienced experts in vocational training and development. With 20 years of industry experience, we are committed to helping executives and managers replace traditional practices with more effective and agile approaches.

OUR VISION

We aspire to be the top choice training provider for organizations seeking to embrace agile business practices. As we progress towards our vision, our focus becomes increasingly customer-centric and agile.

OUR MISSION

We are dedicated to developing value-adding, customer-centric agile training courses that deliver a clear return on investment. Guided by our core agile values, we ensure our training is actionable and impactful.

WHAT DO WE OFFER

At Agile Leaders, we offer agile, bite-sized training courses that provide a real-life return on investment. Our courses focus on enhancing knowledge, improving skills, and changing attitudes. We achieve this through engaging and interactive training techniques, including Q&As, live discussions, games, and puzzles.



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