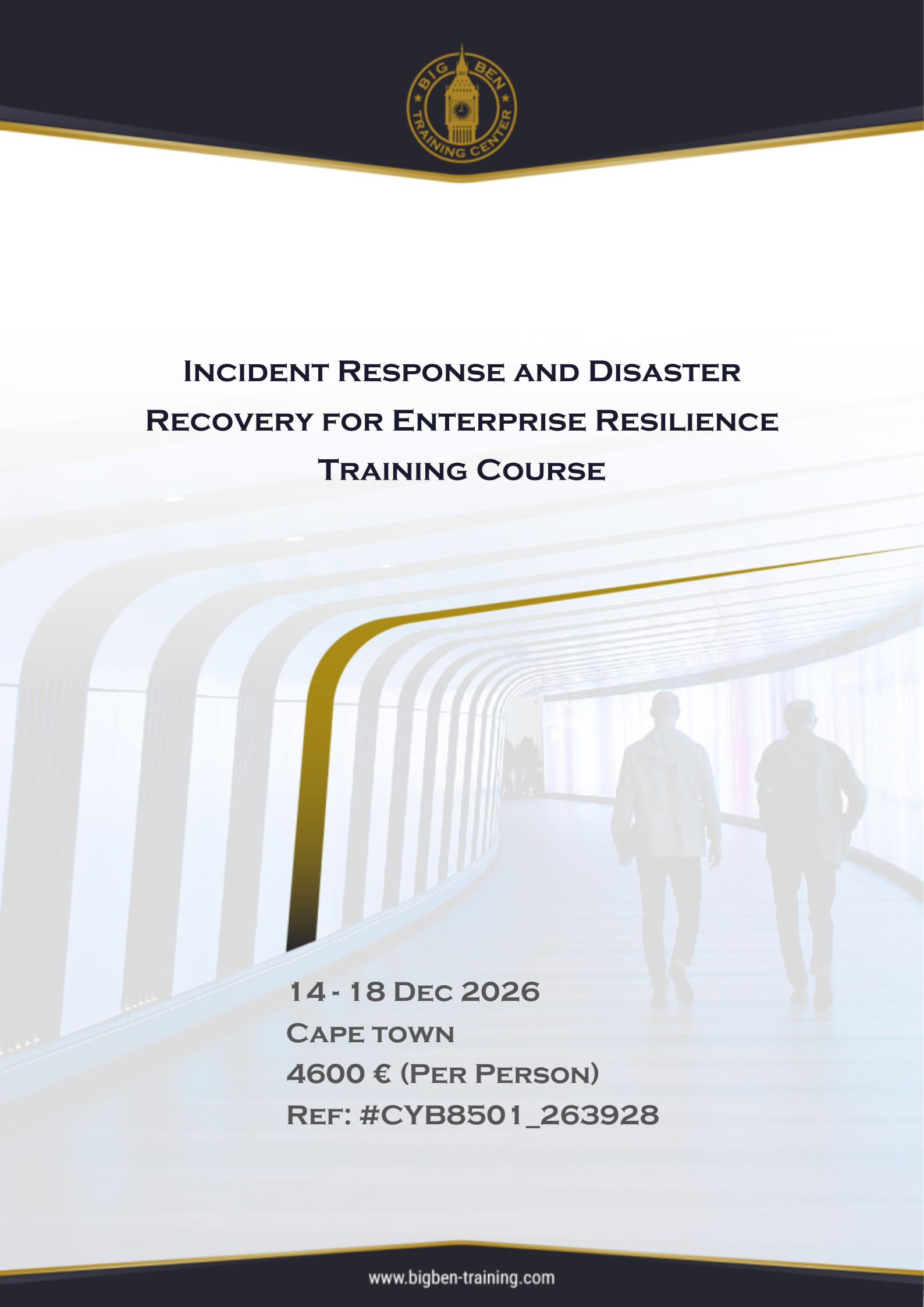
Incident Response and Disaster Recovery for Enterprise Resilience Training Course



14 - 18 Dec 2026

Cape town

4600 € (Per Person)

Ref: #CYB8501_263928

Course Introduction / Overview:

This comprehensive training course is designed to provide IT and business continuity professionals with the essential knowledge and practical skills needed to plan for and respond to a catastrophic event. In an era where cyberattacks, natural disasters, and system failures are common, an organization's ability to maintain operations and recover quickly is a critical measure of its resilience. This program goes beyond a simple checklist, teaching you how to design a holistic plan that integrates incident response and disaster recovery into a single, cohesive strategy. Participants will learn how to identify critical assets, build a dedicated response team, and test recovery plans to ensure they are effective. We will cover key topics like business impact analysis, communication protocols, and the use of modern tools for automated recovery. Drawing from the academic research of renowned authors like Steven M. Roman, whose book "Disaster Recovery Planning for IT Systems" provides a foundational framework, this program provides a strategic and practical approach to preparing for the worst-case scenario. This course at BIG BEN Training Center will empower you to build a robust and resilient organization.

Target Audience / This training course is suitable for:

- IT managers and directors.
- Business continuity planners.
- Cybersecurity professionals.
- Disaster recovery coordinators.
- Risk managers.
- Systems administrators.
- Senior leadership involved in crisis management.

Target Sectors and Industries:

- Financial services.
- Telecommunications.
- Healthcare.
- Manufacturing.
- Technology and software.
- Government agencies and equivalents.
- E-commerce.

Target Organizations Departments:

- Information Technology (IT).
- Information Security.
- Business Continuity.
- Risk Management.
- Operations.
- Legal and Compliance.
- Executive Leadership.

Course Offerings:

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

- Develop a comprehensive incident response plan.
- Create a disaster recovery plan tailored to your organization.
- Conduct a business impact analysis to prioritize critical assets.
- Form and train an effective incident response team.
- Implement communication and notification protocols for a crisis.
- Test and refine disaster recovery plans through drills.
- Ensure business resilience and continuity during and after an event.

Course Methodology:

This training course at BIG BEN Training Center uses a scenario-based and highly interactive methodology. The program includes a series of simulated disaster scenarios, from a large-scale cyberattack to a physical site failure. Participants will work in teams to execute an incident response plan in a real-time environment. You will practice critical decision-making under pressure and coordinate with different departments to ensure a smooth recovery. The course emphasizes a practical, hands-on approach. It includes workshops on developing communication plans and tabletop exercises to test your strategic thinking. The instructor provides expert feedback throughout the process, allowing you to learn from your actions and refine your plans. This approach ensures you will leave with the confidence and skills to lead your organization through a crisis.

Course Agenda (Course Units):

Unit One: The Foundations of Resilience

- The difference between incident response and disaster recovery.
- Why resilience is a business imperative.
- Risk assessment and business impact analysis.
- Identifying critical business functions and assets.
- Developing a continuity strategy.
- Key stakeholders and the role of leadership.
- Case study: a business disruption scenario.

Unit Two: Incident Response Planning

- The components of an incident response plan.
- Forming and training an incident response team.
- Defining roles and responsibilities.
- Detection and analysis of an incident.
- Containment, eradication, and recovery.
- Legal and regulatory reporting requirements.
- Practical lab: a simulated incident response.

Unit Three: Disaster Recovery Planning

- The components of a disaster recovery plan.
- Data backup and recovery strategies.
- Recovery time objectives (RTO) and recovery point objectives (RPO).
- Choosing a disaster recovery site (hot, warm, cold).
- Cloud-based disaster recovery solutions.
- Communication protocols during a disaster.
- Case study: a data center outage.

Unit Four: Business Continuity and Crisis Management

- The relationship between BC, IR, and DR.
- Crisis communication planning.
- Managing media and public relations during an event.
- Human resources and employee safety.
- Supply chain resilience.
- Post-incident review and lessons learned.
- Practical lab: a tabletop crisis management exercise.

Unit Five: Testing, Maintenance, and Future Trends

- Testing your plans (tabletop exercises, simulations).
- Updating and maintaining plans.
- Automation in incident response.
- Emerging threats and disaster scenarios.
- The future of enterprise resilience.
- Final project: a comprehensive IR/DR plan.
- Continuous improvement.
- Frequently Asked Questions:

FAQ:

Qualifications required for registering to this course?

There are no requirements.

How long is each daily session, and what is the total number of training hours for the course?

This training course spans five days, with daily sessions ranging between 4 to 5 hours, including breaks and interactive activities, bringing the total duration to 20 - 25 training hours.

Something to think about:

In an increasingly complex and interconnected digital world, how can organizations prepare for and recover from a "black swan" event—a highly improbable, high-impact disaster that defies traditional planning and mitigation strategies?

What unique qualities does this course offer compared to other courses?

This course stands out by providing a unique and vital focus on enterprise resilience. It integrates the distinct disciplines of incident response and disaster recovery into a single, cohesive, and strategic framework. Unlike programs that focus on technical recovery steps, this curriculum emphasizes the holistic planning and leadership skills required to manage a crisis effectively. The use of highly realistic, scenario-based training and hands-on exercises ensures that you not only understand the theory of crisis management but also gain practical experience of leading a team through a simulated disaster. This course is for professionals who are ready to move beyond reactive measures. It gives them the strategic mindset and tools to build an organization that can withstand and recover from any event.