



CYBERSECURITY

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Professional Foundations Programme

(your first 3 months)

What is Professional Foundations?

Professional Foundations is a foundational programme that helps young professionals develop the essential skills needed to excel in their careers.

Over 3 months, learners engage in a programme designed around practical skills and knowledge, specifically tailored to the modern tech workplace. Through a mix of individual projects, team-based challenges, and real-world applications, this programme builds a solid foundation for professional success.

Why is this Programme Important?

In today's job market, technical skills alone are not enough for a successful career. Employers seek well-rounded professionals who possess both technical know-how and soft skills—like communication, problem-solving, and leadership.

The Professional Foundations programme bridges this gap, empowering learners to navigate complex work environments with competence and confidence. This programme provides a complete toolkit for building the vital skills professionals need to succeed in a career in any industry.

Career Readiness

Learners gain critical professional skills that help them stand out in the workforce and succeed in tech-focused roles.

Collaborative Learning

Learners work in squads, encouraging peer-to-peer learning, teamwork, and a culture of continuous growth. This experience also helps build a strong professional network that will help learners grow their future careers.

Practical Application

The programme features hands-on exercises and deliverables that allow learners to immediately apply their newly acquired skills, making learning both engaging and relevant to the real world.

Key Components of the Programme

Professional Foundations emphasises 8 key Meta-Skills across Leadership, Analysis, and Execution—essential skill sets for thriving in today's workplace.

Leading Self

Leading Others

Communicating for Impact

Quantitative Reasoning

Entrepreneurial Thinking

Critical Thinking

Managing Complex Tasks

Tech Skills

12 Weeks (20–30 hrs per week)

What is Cybersecurity?

Cybersecurity professionals protect organisations, data, and systems from growing digital threats. The ALX Cybersecurity Programme equips you with essential IT knowledge, hands-on skills, and critical thinking across offensive security, defensive operations, and strategic governance, giving you the confidence to launch your cybersecurity career.

Why Cybersecurity?

Cyber threats are growing every day, creating an urgent global demand for skilled professionals who can protect organisations and individuals from digital attacks. A career in cybersecurity is more than just a job—it's a critical mission to secure the digital world. The field offers high demand, with a global shortage of qualified talent, making your skills highly sought after.

It also provides career flexibility, with opportunities across areas like ethical hacking, security operations, and compliance. By joining this programme, you'll gain industry-relevant skills, hands-on experience, and career-focused training that prepares you for entry-level cybersecurity roles.

How you'll learn

The programme is built on a learning-by-doing approach, combining theory with hands-on practice to prepare you for real-world cybersecurity roles. Throughout the programme, you'll work with industry-standard tools, complete practical exercises, and participate in scenario based tasks that mimic real cybersecurity challenges. Quizzes and assessments help reinforce your knowledge and track your progress.

By the end of the 12 weeks, you'll not only understand cybersecurity principles but also have the technical skills and critical thinking abilities needed to confidently step into the industry.

Why Choose Us?

Professional Foundations

Before starting the Cybersecurity programme, learners complete our 3-month foundational training, where they acquire vital skills such as self-awareness, teamwork, communication, and critical thinking, essential for success in tech.

Master Industry Tools and Techniques

From command-line operations to penetration testing, network defense, and risk management frameworks, you'll gain hands-on experience with industry standard, open source tools used by cybersecurity teams worldwide.

Career Focused and Industry Aligned

Our curriculum is developed in collaboration with cybersecurity professionals to ensure that what you learn is directly relevant to the job market. You'll graduate with practical, employer-demanded skills that help you stand out when applying for cybersecurity roles.

Community and Mentorship

You won't be learning alone. You'll be supported by a vibrant learning community, with guidance from mentors and exposure to professionals working in the industry.

Tools Learners Get to Use

wazuh.

TCPDUMP



Metasploit



curl



PowerShell

Other tools

- Dig
- Sqlmap
- Netcat
- Dsniff
- Rubeus
- Impacket
- NetExec
- Aircrack-ng

12-Week

Programme

100%

Digital (Online)
Learning
programme

20-30 hrs

Per Week

Specialisation Breakdown

Each week, you will be expected to:

- Review Lessons
- Work on Self-Reflection Points
- Attempt Guided Practical Tasks
- Review Additional Reading Materials
- Attempt Knowledge Check Questions

Content Breakdown

Introduction
A welcome to the Cybersecurity Professional Programme, establishing the foundation for your journey into the cybersecurity industry.
Fundamentals
<ul style="list-style-type: none">• IT Fundamentals• Fundamentals of Security• Awareness Training• Operational Security
Offensive Security
<ul style="list-style-type: none">• Introduction to Offensive Security• What is Hacking• Ethics and Legalities• The Role of a Hacker• Types of Testing• Pentest Methodology• Targets, Vulns & Exploits• Recon & Social Engineering• Introduction to Web Technologies• Hacking Web Applications• Infrastructure Basics• Network Scanning• Hacking Network Infrastructure• Active Directory Exploitation• Persistence & Exfiltration

Defensive Security

- Introduction to Defensive Security
- Roles & Responsibilities
- Security Operations Center
- Network Security & Analysis
- Wazuh
- Log Analysis
- Security Information and Event Management
- Endpoint Detection and Response
- Incident Response
- Threat Detection and Hunting
- Defensive Practices

Strategic Security

- Fundamentals of Strategic Security
- Information Security Frameworks
- Security Controls
- Security Skills Programme
- Incident and Crisis Control
- Crisis Management
- GRC Program Management

Advancement

- Interview Preparation
- Future Learning
- Additional Resources
- Conclusion