

# Cyber Foundry

## Case Study: Hero Transformations



### The Results

Hero Transformations have completed phase 1 of the programme and Andrew personally feels he is now more 'cyber aware' and has gained invaluable knowledge to help drive his business forward. He links the success of a funding bid he has secured to his newly obtained knowledge around cyber and states he now considers all potential cyber risks when making decisions in his business.

### Founder Quote

"The programme opened up access to people with a different skill set to me who could further our mission. The knowledge on offer throughout the programme is invaluable and you can implement it relatively quickly - I would recommend it to other people!"

"The highlight of the course was that learning prevention is better than the cure as this is something we believe in too." In terms of the difference the programme made to the business Andrew said, "each decision made we now also look at it from a risk point of view and also tie it into the business model canvas."

We asked Andrew what his advice would be to other SME's and he said, "Try to tap into this resource as early as possible." Within this, he stated he would recommend the programme.

In terms of recent successes to the business we asked if it was a result of the programme, Andrew said, "I have been able to further a bid for funding which I believe is a result of our better understanding of security."

### The Company

Hero Transformations was set up by founder, Andrew Hankin based on his own experiences to help other people and aim to reduce global suicide rates. Andrew has first hand experience of the mental health system and from this decided there should be a better alternative for people in need. Andrew took things into his own hands and researched, learned and re-trained to create his own programme, Hero Transformations.

The company adopts a highly personal approach and works with individuals on a 1-1 basis. This can either be through a direct individual request or via companies, to supplement their employee assistance/benefits programs, as companies now recognise their role in staff mental health. The process begins with a conversation to tailor a support programme around an individual's needs and choices.

Over time the company has expanded and has gained support from various health services and experts. It now offers expertise in various areas of mental health and counselling services. The company covers areas such as depression, anxiety and addiction whilst incorporating general well-being practices including exercise, meditation and nutrition.

Hero Transformations has an increasing client base and shows no sign of this stopping. Andrew joined our programme to learn the benefits his company could gain from becoming more 'cyber aware' and also to minimise security risks within the company.

