Reducing cyber risk through a human-centered approach

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Abstract: this paper investigates the complex challenges faced by professionals in managing cyber risks during the implementation of human risk management programs. Emphasizing the crucial role of human behavior in effectively mitigating cyber risks, the paper highlights the transformative impact of utilizing the „Golden Circle" methodology. This methodology, which is based on a people-centered approach, initiates conversations starting with „WHY", articulating the core purpose of the human risk management process and advocating for an „inside-out" approach. By fostering a sense of responsibility and belief in the mission among participants, this approach promotes the sustainability of human risk management practices.

Additionally, the integration of Artificial Intelligence (AI) is explored as a vital component in enhancing human risk management. AI's ability to analyze behavioral patterns, predict potential risks, and automate responses provides an advanced level of security. However, the paper also addresses the drawbacks and risks presented by AI, such as the proliferation of sophisticated

phishing attacks, deepfakes, and other AI-driven threats that exploit human vulnerabilities.

By combining AI with the „Golden Circle" methodology, organizations can achieve a more robust and proactive risk management strategy while remaining vigilant about the potential risks introduced by AI. The paper illustrates the integration of the „Golden Circle" methodology and AI into a human risk management program, offering tips and recommendations for evolving and sustaining the methodology over time to ensure its continued effectiveness in the dynamic landscape of cybersecurity.

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