



## **Upcoming Online Workshops**



**Andrew Wright** 



**Natalie Bramble** 



**Dominic Cudmore** 

## Planning for 2023.

Get access to a panel of not-for-profit experts to help your organisation get prepared for 2023.

Are you on a board or a committee or help manage a not-for-profit organisation or charity? Then this workshop is for you.

Join our panel of experts and start planning for 2023.

#### You might have questions around:

- Recruiting new volunteers
- Attracting new members
- Preparing next year's budget
- Acquitting grants
- Updating your policies and procedures
- · How to promote your organisation online
- Updating your constitution
- Training new committee or board members

#### Don't miss this Premium Members online workshop.

#### This sessions will not be recorded so be sure you attend in person

Thursday November 24, 2022 Time: 6:00pm - 7:30pm AEDT

Register Here



Suzie Foran

- Do you find yourself having difficult conversations with others in Your organisations?
- Do people often bring their problems to you?
- Do others find you a source of emotional strength?
- Do you deal with vulnerable people, or people with complex needs?

Then this taster workshop is for you.

### **Accidental Councellor**

Suzie Foran will explain what The Accidental Counsellor Course is and how it could help you handle all of the above situations and more.

#### This short taster workshop will explore:

- What is counselling?
- Types of communication
- · Stress and anxiety
- Mental health
- Suicide awarness

At the end of this workshop, you will have a better understanding of what an accidental counsellor is, what they do, and if you would benefit from further training in this area.

When: Tuesday, 29 November, 2022

Time: 12:30pm-1:30pm AEDT

Find Out More

## **Cyber Security Tip**

There's a lot of news around regarding cyber security and potential vulnerabilities to user data. To help keep your data and information safe online there are a few things we can do. The biggest risk to your security online is using the the same simple passwords and for multiple logins. If someone hacks your email and password on one site and you are using the same password on other logins, then you are just making it easy cyber criminals do their job.

See the below chart on how long it takes to hack your passwords.

# TIME IT TAKES A HACKER TO BRUTE FORCE YOUR PASSWORD

Number of Characters	Numbers Only	Lowercase Letters	Upper and Lowercase Letters	Numbers, Upper and Lowercase Letters	Numbers, Upper and Lowercase Letters, Symbols
4	Instantly	Instantly	Instantly	Instantly	Instantly
5	Instantly	Instantly	Instantly	Instantly	Instantly
6	Instantly	Instantly	Instantly	1 sec	5 secs
7	Instantly	Instantly	25 secs	1 min	6 mins
8	Instantly	5 secs	22 mins	1 hour	8 hours
9	Instantly	2 mins	19 hours	3 days	3 weeks
10	Instantly	58 mins	1 month	7 months	5 years
11	2 secs	1 day	5 years	41 years	400 years
12	25 secs	3 weeks	300 years	2k years	34k years
13	4 mins	1 year	16k years	100k years	2m years
14	41 mins	51 years	800k years	9m years	200m years
15	6 hours	1k years	43m years	600m years	15 bn years
16	2 days	34k years	2bn years	37bn years	1tn years
17	4 weeks	800k years	100bn years	2tn years	93tn years
18	9 months	23m years	6tn years	100 tn years	7qd years

#### So what do I need to do?

The first thing you need to do is change your password to a combination of at least ten numbers, upper case and lowercase letters and symbols. Right now you are saying "I wont be able to remeber all that". Well here is an example you can make your own password. For example if I owned 1985 Ford Falcon, a password example could be

-Data sourced from HowSecureismyPassword.net

MyCr22n95E@LooN or another 'passphrase' could be My '95 Cr22n E@loon! You can see

how you can customise your password or passphrase to help you remeber them. Lastpass website has an automated password generator you can use <u>PASSWORD GENERATOR</u> **HERE** 

By the way we have updated our own Privacy Policy on our website **SEE HERE** 

## **Celebrating Good Times**

What a fabulous outcome! iClick2Learn delivered tender writing workshops for Transport for NSW that helped a small organisation to win a government tender! Great work JSIP team'

The JSIP team in Dubbo worked closely with local Aboriginal cleaning business, I Need A Cleaner, providing staff training and access to tender writing workshops which has helped them secure a cleaning contract on the Mindyarra Maintenance Centre

"The JSIP team were really supportive, they organised rail corridor and white card training for my staff and arranged for me to take part in a tender writing workshop which gave me the skills to apply for the Mindyarra contract", Ms Riley said







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> > Sent using EngageBay