Wingman Insights

Tech Driven. People Powered.

November 2025

Let's be honest. In this field, the seasons change, but the pressure doesn't. As the days get shorter and the pace stays relentless, burnout can start to creep in.

That's exactly what Jon Cumiskey, our Head of Information Security, explores in his latest blog. He puts words to something many of us feel but rarely say out loud, and reframes human error not as a failure, but as a signal. If we want resilient teams, we need to take these signals seriously.

Jon's blog *A Risk We Can't Ignore: Burnout in Cyber Security* offers practical advice for managers who want to reduce risk and support their teams, not just through the winter months, but well beyond. If you're feeling the year-end pressure, or seeing signs of burnout in your crew, it's worth a read.

At SEP2, we've been thinking about this a lot in the context of our Wingman Vulnerability Management service. It's designed to reduce noise, cut down on wasted effort, and give your team the clarity they need to focus on what really matters. That clarity isn't just a technical benefit, it's a people-powered one. When teams have space to breathe, they do better work and make fewer mistakes.

Paul Starr
Co-Founder and CEO

A Risk We Can't Ignore: Burnout in Cyber Security

We're in that strange part of the year.
There are still months to go before 2026, but it'll be over in a blink. Christmas will come and go, and many of us will still be staring at a sky-high pile of to-do lists, unrealised plans and pipe dreams.

Cyber security doesn't slow down, and as professionals in the field, neither do we. We throw everything we've got at it because we care. But when high effort isn't matched with impact, recognition, or a clear end-state, burnout creeps in, and once it hits, it's hard to come back from.

This year I've been thinking a lot about human error, not as a failure, but as a signal. A sign that someone's overburdened, unsupported, or stuck in a system that doesn't scale with the pressure.

"Are we set up to succeed, or just survive?"

I've shared some thoughts on what managers can do to reduce risk and support their teams, practical shifts that make a real difference.

[What can you do to build a resilient team? Find out in my blog.](#)

Jon Cumiskey

Head of Information Security

"Partnering with SEP2 has strengthened our ability to protect both our people and our customers. Their collaborative approach and technical expertise have allowed us to enhance our security posture while giving our internal teams the freedom to focus on innovation and strategic priorities."

- Dan Sutfcliffe, Head of Information Security at Sunbelt Rentals

[Read our latest case study](#)

News

Free Rapid Wiz Stand-Up for Check Point CNAPP Customers

Are you a current Check Point CNAPP customer? We're offering a free rapid stand-up to get you operational on the Wiz platform quickly. Our experts will get you set up, allowing you to bypass the initial complexity and start benefiting from Wiz's powerful security insights.

[Claim your free rapid stand-up](#)

Customer Survey Reminder

Our annual customer survey will close this month. If you'd like to be entered into a raffle to win one of two gift cards, make sure to complete it! It takes less than one minute to complete and helps us assess how we're delivering for our customers, ensuring you continue to receive the best service possible.

If you haven't received the link but would like to participate, email me and I will send it to you.

Securing the Cloud with Confidence: SEP2 + Wiz in Action Webinar Recording

Missed our live session with Wiz? The recording is available on our website! In this webinar, you will learn how Wingman Cloud Security simplifies cloud protection, boosts visibility, and empowers faster response.

Watch the recording

Understanding Supply Chain Attacks

Supply chain attacks are on the rise. In our blog *Supply Chain Attacks: The Bump in the Night That Keeps Us Awake*, James Woodward breaks down how these attacks work, why they're so dangerous, and what organisations can do to protect themselves.

Read the full blog

From SEP2 Cyber School to Part of Team SEP2

At SEP2, we're passionate about nurturing talent and helping individuals discover their potential in the cyber security field and nothing makes us more proud than seeing a successful cyber security path unfold! One of our newest team members joined our Cyber School in April 2024 and is now a valued member of our SOC team. Their journey shows what's possible with the right support and a clear path into cyber security.

Learn more about the journey

Thank you for reading this edition of Wingman Insights! Feel free to leave a review so I can continue to improve it.

Take a moment to review my newsletter

VIA MY TYPEFORM

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