

Continuing Education Units

VERIFICATION OF ATTENDANCE FORM

Certification Number: _____

_____ attended the following professional educational activity.
(NAME)

Title: Mental Health in Focus - Managing Burnout and Finding Balance in Cybersecurity Work

Date(s): December 3, 2025

CEU Hours Earned: 1 hour

Sponsor(s): National Institute of Standards and Technology (NIST)

Explanation of Event: During this webinar, we'll explore the critical intersection of mental health and cybersecurity. Attendees will learn to recognize the early warning signs of burnout within their roles, including students and educators, and understand how stress and fatigue can affect decision-making and overall performance. Experts will share practical strategies for stress management and work-life balance, while also highlighting organizational practices that support mental health and well-being. Through expert insights and shared experiences, participants will gain actionable tools to build healthier work habits, incorporate mindfulness practices, foster supportive team environments, and maintain resilience in this high-stakes profession. Webinar attendees will hear presentations from:

- **Amanda Berlin**, Chief Executive Officer, Mental Health Hackers
- **Peter Coroneos**, Founder, Cybermindz.org

Location: Virtual Webinar; <https://www.nist.gov/news-events/events/2025/12/nice-webinar-mental-health-focus-managing-burnout-and-finding-balance>

Name of Meeting Host: Rodney Petersen, Director of NICE, NIST

Contact Information:

nist.gov/nice

nice@nist.gov

The Continuing Education Units form is provided as a courtesy. It is the responsibility of the attendee to complete and submit with their certifying authority.