

Cyber Escape Rooms

Enhance your cyber resilience with hands-on learning

Cyber risk isn't only a technical issue — it's a human one. Many of today's most damaging breaches start with simple mistakes: clicking a phishing link, mishandling data, or reusing credentials. While most organisations run awareness training, it often fails to engage or create lasting behavioural change.

Roc's Cyber Escape Room service is a hands-on, immersive learning experience designed to change that. Through a timed team challenge based on real-world attack scenarios, participants are trained to recognise threats, think like attackers, and respond effectively. This approach strengthens cyber awareness, reinforces secure behaviour, and supports a stronger security culture across the organisation.

Ideal for you if...

- ▶ You've recently experienced incidents linked to phishing, compromised credentials or human error
- ▶ You need to meet compliance or audit requirements for user training
- ▶ You're looking to support Cyber Essentials, ISO 27001, or NIS2 readiness
- ▶ You want to drive behavioural change across technical and non-technical teams
- ▶ You want to improve collaboration between IT and business teams

Why Roc?

24/7/365 In house MSOC	100% UK coverage	70+ highly trained engineers	100% engineers SC or DV cleared
CYBER ESSENTIALS PLUS accredited	ISO9001 accredited	14001 accredited	27001 accredited

Service benefits

- ▶ Engaging, high-impact team learning
- ▶ Real-world scenarios and threat simulation
- ▶ Strengthens behaviours across all staff levels
- ▶ Delivered virtually or at your location
- ▶ Supports compliance, resilience, and training goals
- ▶ Run by experienced security facilitators



Service overview

Drive real behaviour change

The escape room format delivers a high-impact learning experience that helps teams internalise core security concepts and translate them into day-to-day behaviour. By solving cyber challenges under pressure, participants build practical awareness and retain knowledge more effectively than with traditional training.

Test and strengthen cyber resilience

Each session simulates realistic attack scenarios, including phishing attempts, data loss, and unauthorised access. Participants must work through the threat landscape as it unfolds, enhancing their ability to detect, respond to, and prevent common attack vectors.

Promote collaboration across teams

By bringing together people from across the business, the exercise strengthens communication and shared accountability for cyber risk. It helps break down silos and fosters a culture where everyone understands their role in maintaining security.

Flexible delivery for maximum reach

Delivered virtually or on-site, sessions can be tailored to suit technical or non-technical teams. Whether you're running a small pilot or a wider rollout, the experience scales to fit your organisation and objectives — supported by experienced facilitators throughout

Service offerings

Roc offers 3 standardised offerings.

- ▶ **Physical Escape Room** - An on-site, immersive experience designed to engage teams in a realistic cyber attack simulation - ideal for team days, awareness campaigns, or executive training.
- ▶ **Virtual Escape Room** - A remote, facilitator-led challenge that brings teams together online to solve cyber scenarios, perfect for hybrid or dispersed workforces needing flexible delivery.
- ▶ **Capture the Flag (CTF)** - A fast-paced, points-based competition where participants race to solve technical cyber challenges, ideal for upskilling IT teams or promoting secure coding awareness.

