



## Nate Sheen

*Speaker, Consultant, Author, & Podcaster*

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Nate is the President and Owner of Astoria, founded in 2015. Astoria is an Ohio based Cyber-Security Agency. Nate and his team at Astoria, protect their clients' networks like a hawk. Nate is passionate about his client's virtual security.

Nate has been featured on multiple podcasts and has delivered his presentations to dozens of groups.

### **Speaking topics:**

A Hackers Journey- a live hacking session

Recognizing Email Scams

How to design a Cyber Security Plan for your business

All about people, how focusing on people is Cyber-Security

Mental Health and Cyber-Security How to stay sane with technology

### **Books:**

The Cyber-Security Guide

[https://www.amazon.com/Cyber-Security-Guide-implement-cyber-security/dp/B08N3GGRFL/ref=sr\\_1\\_1?crid=2DS6OW35CROG3&keywords=nate+sheen+the+cyber+security+guide&qid=1657719365&srefix=nate+sheen+the+cyber+security+guide%2Caps%2C70&sr=8-1](https://www.amazon.com/Cyber-Security-Guide-implement-cyber-security/dp/B08N3GGRFL/ref=sr_1_1?crid=2DS6OW35CROG3&keywords=nate+sheen+the+cyber+security+guide&qid=1657719365&srefix=nate+sheen+the+cyber+security+guide%2Caps%2C70&sr=8-1)

### **Podcasts:**

**Host of the Journey Podcast**

<https://www.youtube.com/channel/UCXRGHjS2DhFCUOBKgw9T6Q>

**Host of the Tech Cast**

<https://www.youtube.com/channel/UCL635pHlIoLas777yFHdYPpQ/videos>

