



May 2025

# MiC News

Remain visible. Remain vocal. Never back down.

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**"THE GAME IS FREE, THE COST IS YOU"**



ALEJANDRO IBANEZ



ANTHONY BRISCOE



KEL ROYSTER



YESHUA HANNAH

**"THE COST OF CAREER PURSUIT,  
SOMETIMES THERE IS NO WORK-LIFE BALANCE"**



COREY KIRKENDOLL



TYELISA SHIELDS



ANJLI GARG



MARY N CHANEY

**CLOSING KEYNOTE:**

**THERE IS NOTHING COMFORTABLE ABOUT BEING A  
CYBERSECURITY PROFESSIONAL**



OMOWUNMI (OMIE)  
AKINYOADE



MARCUS RUFFIN



TED SANDERS



TIA HOPKINS



# MEMBER SPOTLIGHT

## **Tell us about yourself.**

My name is Chioma Abangwu-Iwenofu. I'm originally from Nigeria and I've lived in the US for over 2 decades now. I am a Privacy, Cybersecurity and Technology attorney. I also specialize in Immigration, Administrative Law, compliance and arbitration. I am a Fellow of the Chartered Institute of Arbitrators and also work with the MiC Talent Solutions team.

## **Looking back on your career, what were some of the pivotal moments that helped you advance to your current cybersecurity role?**

My foray into the cybersecurity space has been on and off for some time. However, during the pandemic, as life as we knew it then changed with all the shutdowns and most work and business transitioning online, it exposed one more to the fact that businesses were going to be dealing with increased cybersecurity risks than they were accustomed to. This meant there'd be an increase in cybersecurity issues. My personal go-to when it comes to handling new issues is to seek more education on those issues. I went back to school and decided to further specialize in Corporate Law, Intellectual Property Law, Technology Law, Privacy and Cybersecurity Law. I would say this marked a change for my career and law practice.



**CHIOMA ABANGWU-IWENOFU**

## **How do you foster a culture of security awareness and collaboration within your organization or team?**

I find that educating people continuously on security risks did a lot in helping create security awareness. For non-technical people, it's imperative the information being disseminated is broken down in plain terms that's easily understood. Constant reminders with relatable scenarios that are relevant to the industry also plays a huge role in helping foster security awareness and collaboration. As risk mitigators for our clients, legal implications that might arise in cases of non-compliance and awareness of those implications helps put everyone on the same page.



# The Delicate Dance: Reclaiming Balance in an Evolving World

by Siarra Guillory

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As I awaited my delayed flight, my phone had died. I thought to myself, *"Oh well, I'll manage without it. I have everything I need."* During this moment, I observed something fascinating and horrifying at the same time. As I scanned the lobby around me, one thing was alarmingly clear: everyone was in deep distraction. I counted roughly 95 people awaiting the same delayed flight as I was, yet they all had one thing in common: they were all distracted, disconnected and siloed among each other. The lights were on, and no one was at home.

This was not my first aha moment, but further reinforced my belief that we as humans, are moving far faster than I'm sure any of our ancestors ever could have imagined.

Work-life balance: one of many new buzzwords that have become part of everyday vernacular in the 21st century.

In today's fast-paced, perpetually connected corporate world, the idea of work-life balance often feels more like faddish jargon rather than a real, attainable lifestyle. We live in a time where productivity is worn like a badge of honor, often enc-

-ouraging employees to be the first one to arrive, and the last to leave at the end of the workday. Burnout lurks just behind the next Zoom call or deadline. The unconscious expectation to be plugged in—whether it's through emails, group chats, or the endless scroll of social media—can easily pull us out of alignment with our bodies, our purpose, and our people.



As someone who's learned (and re-learned) mastering the art of recalibration, I've found that balance isn't something we stumble into—it's something we intentionally create.

When your mind is constantly running, true clarity becomes elusive. Taking time to slow down and check in with yourself isn't just self-care— it's self-preservation. This can look like setting clear digital or hard stop boundaries, using your PTO without guilt and "checking just one email," or implementing micro-practices throughout the day like breath work, stretching, or simply closing your eyes to pause and re-center to check in with self. Silence is not a practice of wasting time—it's fertile ground for quiet reflection and ensuring where you are in your current state is healthy and sustainable.

You can't pour from an empty cup, and your body will always tell the truth. Incorporating movement—whether it's a short walk during lunch, strength training, yoga, or dance—is one of many ways to regulate your nervous system and return to yourself. It doesn't have to be perfect; it just needs to be consistent. Nourishment is equally important— real, whole foods that sustain energy, rather than processed convenience that leads to crashes and cravings. Cook most if not all of your foods. Fast food is made to be fast and convenient, not to nourish.

My favorite comparison would be to treat your body like a car. You have to provide routine and proper maintenance, otherwise, your vehicle won't be able to run properly or last longer than it could've. Take the time to park your car and give it the love and attention it deserves.

Let's be honest—we're not meant to go through life alone. In the same way burnout can isolate us, healing often

happens in community, among people who will re-energize and reinvigorate you, helping you to remember who you are when you find yourself drifting.

Prioritize face-to-face time with loved ones, be vulnerable and open-hearted in your friendships, and schedule phone calls or FaceTime dates instead of just liking a post. We're wired for deep connection, but in a culture of constant distraction and digital silos, we must choose it consciously. We must choose to cultivate our relationships deliberately and not allow ourselves to be pulled in a direction because our attention was captured.

Our attention is currency, and everyone wants to spend it; however, there's nothing more powerful than the moment you choose to unplug from the multiple access points of shallow dopamine and plug into your real life. Whether that's putting your phone down during dinner, savoring a quiet morning, or actually tasting your coffee—being present is a radical act of self-love.

Balance isn't a one-size-fits-all formula; it's a rhythm we learn to create, break, and return to as life flows to fit our own unique need. There is no right or wrong way, so long as your way works best for you. What matters most is your ability to pause, listen, and respond with intention. You deserve a life that feels good on the inside, not just one that looks good on paper.

My gentle reminder to anyone reading: slow down. Breathe. Reconnect. The world will keep spinning, but your mind, body and spirit is sacred.





# MiC Announcements

## Congratulations January 2025 MiC LEAD Builders™ Graduates!



### Morning Session:

- Michele Barranco
- Isaiah Benjamin
- David Chen
- Chaunda C. Dallas
- Jessica Flores
- Cody Goudeau Jr.
- Paul Holmes
- Deanna O. Holt
- Islamiat Mitchell
- Aleta Ruffin
- Stacey Sams

### Afternoon Session:

- Siarra Guillory
- Omar Ibrahim
- Filsan Madar
- Ademola Olanrewaju
- Morad Ouhdrou
- Aaron Owens
- Phatsimo Segwale
- Rubab Siddiqui
- Kali Vanderbilt
- Alexander Vaught III
- Nikolas Walker

### MiC LEAD Programs:

- July 2025 **MiC LEAD Builders** application closes on June 1st. [Apply now!](#)
- June 2025 **MiC LEAD Communicators** cancelled.

### MiC LEAD Aspirers™

**Coming up on:**

June 13, 2025

### MiC Drop Prep™ Sessions

**Coming up on:**

June 03, 2025



### Registered Apprenticeship Program

Save the date! Application will open  
July 1<sup>st</sup> – 15<sup>th</sup>, 2025.

[Learn more here.](#)