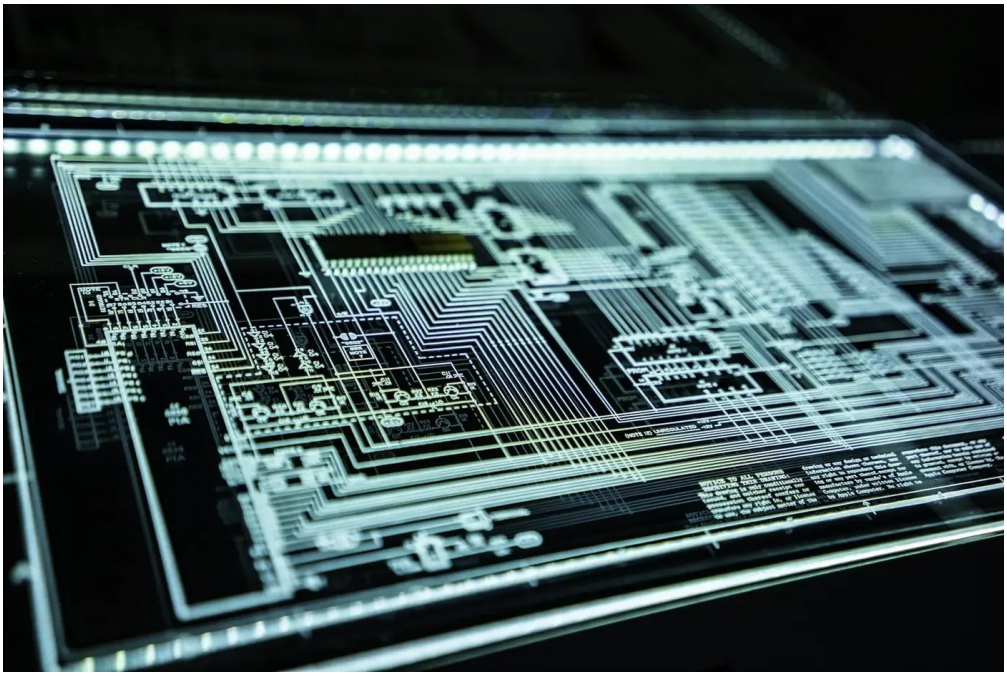
Cybersecurity: five habits for your teams

Équipe L’Académie · 2026-11-03

Cheap and very effective: five habits to establish in any organisation.



The five habits

1. **Unique passwords** and a password manager.
2. **Multi-factor authentication** on email and critical tools.
3. **Regular updates** of devices and applications.
4. **Tested backups**, including an offline copy.
5. **Phishing vigilance**: check the sender, do not click under pressure, report.

Going further

Practise in a safe environment with the Cyber Portal and its NovaChips labs, then see our cybersecurity and compliance training modules.

Original article : https://akademiedudigital.com/en/blog/cybersecurity/cybersecurity-five-habits