

Episode 25

Best Practices

Agentic AI in Cyber Security Explained



A Digital Teammate, Not a Chatbot

Agentic AI works as a digital teammate. It completes tasks end to end, without needing a prompt.



The Label Means Nothing Alone

Every MDR provider claims to be agentic. Ask what the operating model actually looks like.



90 Seconds Is the New Standard

Sophos SOC response times have dropped from 40 minutes to 90 seconds, at global scale.



Trust But Verify

Your MDR provider has privileged access to your systems. Ask what risk that introduces.