tales from the cyberlab

SOPHOS

Episode 28

Best Practices

The State of Ransomware in 2026 Explained

Identity Is The Front Line

Phishing and malicious email now cause half of all incidents. It's easier to trick a person than find a technical flaw.

MFA Gaps Let Attackers In

97% of credential-based victims had MFA enabled. One unprotected account is all an attacker needs to get in.

Your Firewall Sees It First

In 61% of attacks, the firewall spotted the threat early. Feed those signals into MDR so someone acts on them.

Culture Before Certification

Certifications are only worth the paper they're written on if the people behind them understand their role.

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