

Cyber Incident Tabletop Exercises

Practice your response before
an incident happens

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Cyber incidents and business disruptions can force teams to make important decisions under pressure. Cowbell Resiliency Services' Cyber Incident Tabletop Exercises give organizations a structured way to work through realistic scenarios, test response and business continuity plans, clarify responsibilities, and identify gaps before an event occurs.



Prepared before the pressure

Clarify roles and responsibilities

Help leadership, security, IT, operations, legal, communications, finance, and other key teams understand their responsibilities during an incident.

Test plans in practice

Explore how documented incident response and business continuity plans would be used as an event unfolds.

Identify response gaps

Surface potential gaps in planning, escalation, documentation, resources, and response processes.

Strengthen communication

Practice how teams share information, align on priorities, and communicate with internal and external stakeholders under pressure.

Practice critical decision-making

Work through operational, legal, financial, technical, and reputational considerations before those decisions must be made during a real incident.

Define practical next steps

Use exercise findings to inform future planning, training, process improvements, and cyber risk management efforts.

Flexible exercise options

Self-service tabletop exercise

A guided option for organizations that want to conduct a structured exercise on their own schedule. Participants work through a selected cyber incident scenario and document observations, lessons learned, and potential next steps.

Includes:

- A pre-exercise scoping discussion
- A selected cyber incident scenario
- A guided discussion framework
- Facilitator instructions and exercise materials
- An after-action template for documenting findings and next steps

Typical exercise length: Approximately 90 minutes.

Virtually facilitated tabletop exercise

A remote, interactive session led by an experienced facilitator. The exercise is shaped around the organization's participants, response plans, operations, and readiness goals.

Includes:

- A pre-exercise scoping session
- A selected or tailored incident scenario
- Live virtual facilitation
- Guided discussion of response decisions and responsibilities
- Identification of observed strengths and response gaps
- Post-exercise findings and practical recommendations

Typical exercise length: Approximately 90–120 minutes.

In-person facilitated tabletop exercise

An onsite session for leadership and key response teams that need a highly customized exercise. The scenario is shaped around the organization's operations, plans, participants, and readiness priorities, with live facilitation focused on decision-making, coordination, communication, and recovery.

Includes:

- A detailed pre-exercise scoping session
- A customized incident scenario and exercise developments
- Onsite expert facilitation
- Guided discussion of leadership decisions and critical communications
- Evaluation of response and recovery coordination
- A post-exercise summary of key observations, gaps, and recommended improvements

From plans to practiced response

Cyber Incident Tabletop Exercises help teams turn documented plans into practiced, coordinated action.

Assessed for alignment with ISO 22301:2019 business continuity principles and requirements.

Ready to get started? To learn more about Cyber Incident Tabletop Exercises and available service options, contact your Cowbell representative or email crs@cowbell.ai.

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