

Day in the Life: Deirdre O’Callaghan

Interviews and Profiles





Deirdre O’Callaghan

Chief Counsel for Center for Internet Security, Inc.

East Greenish, NY

6:15 am

Wake up, shower, and head downstairs. I nearly trip over my two dogs — a yellow lab and a Carolina blue heeler. Review my personal email and watch a video of my new grandson, who was born

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yesterday. For breakfast, I have oatmeal with cranberries and a Diet Pepsi (I know, I know). I check my work emails and calendar.

8:00 am

Out the door for my 10-minute commute. I run two quick errands to the post office and the dry cleaners. At the office, I **sign contract checklists** and a licensing agreement for our CIS Critical Security Controls, which are a prioritized set of cyber practices developed by leading experts to stop today's most pervasive and dangerous cyber attacks.

9:00 am

Our director of marketing presents a draft of the **company rebranding plan** at our weekly executive team meeting. The senior vice president of operations briefs the team on the status of our monitoring efforts with state and local governments, which we do through a cooperative agreement with the US Department of Homeland Security. Following the meeting, I search the USPTO database for new product names and email outside IP counsel for assistance.

10:00 am

My work block. First, I prepare a NDA for a county organization with an infected computer that contains sensitive information, requiring assistance from our Computer Emergency Response Team. Then, I **meet with the CFO** to discuss the new third-party administrator for our company's 401K and get an update on the status of insurance pricing for the next year. I review requests from foreign entities for the purchase of CIS Benchmarks membership — which provides access to consensus-based security configurations for operating systems, software, and devices.

11:00 am

Have my photo taken for our **new website rollout**. Then, I participate in a call with a reseller about developing T&Cs to make our services available on the GSA contract. Follow up on this call with the senior vice president and the vice president of business development.

12:30 pm

Eat lunch at my desk while I order a **gift for my 93-year-old father-in-law**. I check the ACC Nonprofit Committee eGroup discussions. This forum is great for advice and I use it regularly. It's been extremely helpful.

1:00 pm

Review routine contract modifications. Exchange emails with a board member who is developing a board survey on governance matters. I confer with a candidate who has accepted a position as a contract administrator (finally, some help!). Check in with the facility security officer to discuss document updates for our cleared facility status.

3:00 pm

The senior vice president of business development and I **join a call with a consulting company** about potential partnering opportunities.

3:30 pm

Meet with the director of communications to discuss the possibility of conducting **outreach on cyber issues to law firms**. I consider opportunities to participate in media events. My compromise was to agree to do this!

4:00 pm

Review potential conflicts of interest with an employee and then head to a meeting with the senior director of HR to discuss two employee matters. Jot off an email about my vacation plans to staff. **I am a legal department of one, so work goes with me on vacation.** Providing advance notice helps those with a deadline plan accordingly.

5:00 pm

Hold a brief meeting with the president regarding a **compensation committee call.** Review and update my to-do list, which at the moment has items for 24 different people.

6:00 pm

Hit the gym. I am on the **elliptical for 45 minutes** while watching *Seinfeld* episodes.

7:00 pm

Dinner with my husband. Beef stew is always better the second day.

8:00 pm

Facebook messaging with family. Update inventory and expense lists for the antiques business that I run in my spare time. Review estate sale and auction listings for the weekend and correspond with an auction house about consigning pieces.

10:00 pm

Let the dogs out and **head to bed.**



Staff

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