

# Kristina Gamache

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## Education

### Old Dominion University

*Bachelor, Cybersecurity*

Aug 2025

- **GPA:** 3.58
- **Achievements:** Dean's List Summer 2024 & 2025, ODU LEADERS program
- **Coursework:** CYSE270 Linux System for Cybersecurity, CYSE301 Cyber Technique and Operation, CYSE425W Cybersecurity Strategy and Policy, IT 315 Network and Security

### College of William and Mary

*Bachelor, Kinesiology and Health Sciences*

May 2020

## Experience

### City of Virginia Beach

*Cybersecurity Intern*

May 2025 - Present

*Virginia Beach, Virginia*

- Assessed phishing emails for severity and frequency and analyzed SIEM data for trends in cyber incidents, conducting proactive threat-hunting using Splunk and Microsoft Endpoint.
- Ongoing Training: Engaged in continuous IT and cybersecurity training to expand skills and knowledge.

*Enterprise Architecture Intern*

*Virginia Beach, Virginia*

- Interviewed internal IT teams to gather workflows and troubleshoot technical issues across on-premise and cloud environments, identifying potential system vulnerabilities.
- Documented an Azure operational runbook covering Standard Operating Procedures, access policies, security implementations, log management, and disaster recovery plans to ensure current system documentation.
- Collaborated with system engineers to assess Commercial off-the-shelf (COTS) applications and evaluate the viability of SaaS vendor solutions with strong analytical abilities.
- Coordinated meetings with technical staff, business leads, and executive management to discuss technical support initiatives and facilitate effective communication.
- Updated and maintained the department Continuity of Operations Plan (COOP) along with application attributes related to disaster recovery.
- Assisted in applying TOGAF principles during architectural reviews by contributing to documentation and system assessments.

### Sentara Healthcare

*Clinical Exercise Specialist*

Aug 2021 - Present

*Suffolk, Virginia*

- Enhanced clinic-wide patient flow by redesigning remote evaluation preparation, reducing wait times by 10+ minutes per session.
- Communicated with front desk, clinical staff, and patients to implement updated workflows and ensure smooth operations.
- Supported therapists during exercise sessions for over 150 patients daily while navigating Electronic Health Record systems for accurate documentation.
- Trained five new clinical exercise specialists on HIPAA compliance and proper documentation standards.

## Skills

- **Technical Skills:** Phishing and Incident Analysis, Microsoft Defender for Endpoint, SIEM, Incident Triage, SQL, Microsoft Azure, Cloud Backup & Recovery, Disaster Recovery Planning, Network Security, Python, Linux
- **Process & Documentation:** Workflow Documentation, Standard Operating Procedures, Process Analysis
- **Support & Communication:** Excellent Cross-Functional Communication, Team Collaboration, Troubleshooting, Customer Service, Analytical Abilities

## Certifications

- **CompTIA Security +:** Exp: June 2028
- **Microsoft Certified:** Azure Fundamentals