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I am a seasoned, experienced, and dedicated IT & Cybersecurity professional with around 30 years of professional computer experience and online expertise that dates back to the 1980s. I have a Master's degree in Cybersecurity and Information Assurance. Even though I'm born and raised in Iceland, and thus fairly fluent in Icelandic, my English fluency is stronger.

Born in Reykjavik, Iceland, I spent much of my adult life in Seattle, Washington, where I was located close to developing a ground-breaking form of technology that would revolutionize the tech industry and the world as we know it. We came to know this ground-breaking technology as the internet.

In the early 1980s, while still a teenager, I began to explore the industry just as a hobby – and by the 1990s, I had turned that hobby into a profession. In fact, you could say that I was a pioneer in the birth of the internet when I worked as a network engineer for Microsoft during the internet's infancy. I have been online since the mid-1980s, exploring and communicating, even though the first public web browser wouldn't hit the market until 1994.

As a proven, tested, and successful IT professional, I spent much of my three decades in the industry in various IT positions. I worked as a data center technician and network engineer for large internet service providers such as Microsoft and T-Mobile US Inc for the bulk of that time. Also, my technical abilities extend far beyond simple network engineering. I am well-versed in system design, automation, tooling, scripting, and even vendor and product selection.

In 2017 I switched tracks at T-Mobile from Network Engineering to Cybersecurity while working on my master's degree in Cybersecurity.

In 2021 I moved back to Iceland and a Cybersecurity Specialist role at Advania Iceland.

My latest side venture, InfoSec Help, is specifically designed to offer my networking expertise and my approach to Cybersecurity to those who may not be fully aware of the types of threats that can plague their systems. From home computers to small businesses to large organizations, my professionalism, my expertise in Cybersecurity and network engineering, and my steadfast dedication to helping folks to secure their systems – these qualities are what separate me from the pack.

As part of my work with InfoSecHelp, I have authored a book available on Amazon and traditional bookstores (they can order it if they don't have it stock) on the topic of Cybersecurity for non-technical folks.

In 2020 I participated in a collaboration effort to compose a book on 97 Things Every Information Security Professional Should Know, which was published by O'Reilly in October of 2021. I contributed 3 of those 97 things.

Every day, my passion for computers is what drives my motivation to continue finding new ways to help folks acclimate themselves to the changing digital landscape. And by assisting people to remain safe online and avoid falling for scams that could damage their systems or their wallets, I can help to pave the way for a safer internet – as a true internet pioneer should.

I enjoy the simple things in life in my free time, like listening to music, attending live theater events, or going ballroom dancing. Additionally, I enjoy volunteering for organizations that help the community around them. For me, nothing is more important than finding ways to enjoy life, whether that be through computers, working with others, or listening to my favorite album.