

AI Phishing Coach

Available as an Add-On to Abnormal Inbound Email Security

Use the real attacks Abnormal stops to transform end-user training, change employee behavior, and build a resilient security culture.

Outdated training methods often fail to engage users or drive lasting behavioral change. In a recent Abnormal study, over 50% of CISOs surveyed reported that half of annual security incidents stemmed from avoidable user error.

Yet legacy programs often rely on outdated content and manual upkeep, which can weaken their effectiveness at preparing users to recognize real threats and hinder scalability.

Abnormal provides the solution.



Automatically analyzes attacks in Threat Log, defangs the most relevant, and sends targeted phishing simulations based on observed patterns in each employee's behavior and overall risk.



Delivers just-in-time generative AI coaching promptly following an employee failing a simulation—designed to reinforce good security habits with personalized, contextual learning.



Automatically creates SCORM-compliant annual training videos tailored by industry and informed by your organization's unique threat landscape, aligns training topics to security best practices, and delivers via Abnormal or your choice of LMS.



Agentic AI autonomously analyzes training results and automatically adjusts phishing simulations, coaching, and training content without the need for manual upkeep.

49
Percent

of security leaders say their current tools require significant manual effort.

60
Percent

of security teams report that their tools lack customization for individual employees.

59
Percent

of security leaders believe their current tools do not engage employees effectively.

The Abnormal Advantage at a Glance

Trains employees on real threats. Prepares employees for actual phishing tactics attackers are using today to reduce phishing susceptibility.

Eliminates significant manual work. Automates simulation creation and delivery, training content generation, and ongoing program management to eliminate manual work.

Engages employees in the moment. Provides just-in-time, contextual AI coaching designed to understand each individual employee's training needs.

Continuously adapts training to meet evolving threats. Abnormal uses behavioral AI to adjust and evolve its training to keep pace with emerging, sophisticated threats.