

AI Phishing Coach

Transform real attacks Abnormal stops into personalized training that reduces human risk and drives lasting behavior change.

"The AI Phishing Coach has transformed how our employees learn to recognize threats. By turning real attacks Abnormal stops into personalized simulations, it keeps training relevant to the latest risks. It's like a tailored security mentor for every employee, driving measurable positive behavior change and a stronger security culture."

Abdul Koroma, Security Program Manager at Sunrun

Legacy awareness programs overlook the true measure of success, reducing human risk. Metrics like click rates or course completion don't reflect real exposure. As a result, these training methods often fail to engage employees or drive lasting behavioral change.

Traditional security awareness solutions only compound the problem. They rely on generic content and require constant manual upkeep, weakening their effectiveness at preparing users to recognize real threats while burdening security teams and limiting scalability.

Abnormal provides the solution



Automatically analyzes real attacks in Threat Log and generates targeted phishing simulations based on each employee's behavior and risk profile.



Just-in-time coaching delivers instant, contextual guidance as employees interact with simulations to reinforce secure behaviors and understanding.



Uses AI to generate SCORM-compliant training videos tailored to your organization's unique threat landscape and delivered via Abnormal or your LMS.



Continuously analyzes results and autonomously adjusts simulations, coaching, and training content to eliminate manual upkeep.

99%

of security teams experienced a security incident in the past year directly tied to avoidable human error

78%

of organizations plan to adopt AI-powered SAT solution within the next year

60%

of security teams report that their training tools lack customization for employees

59%

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.