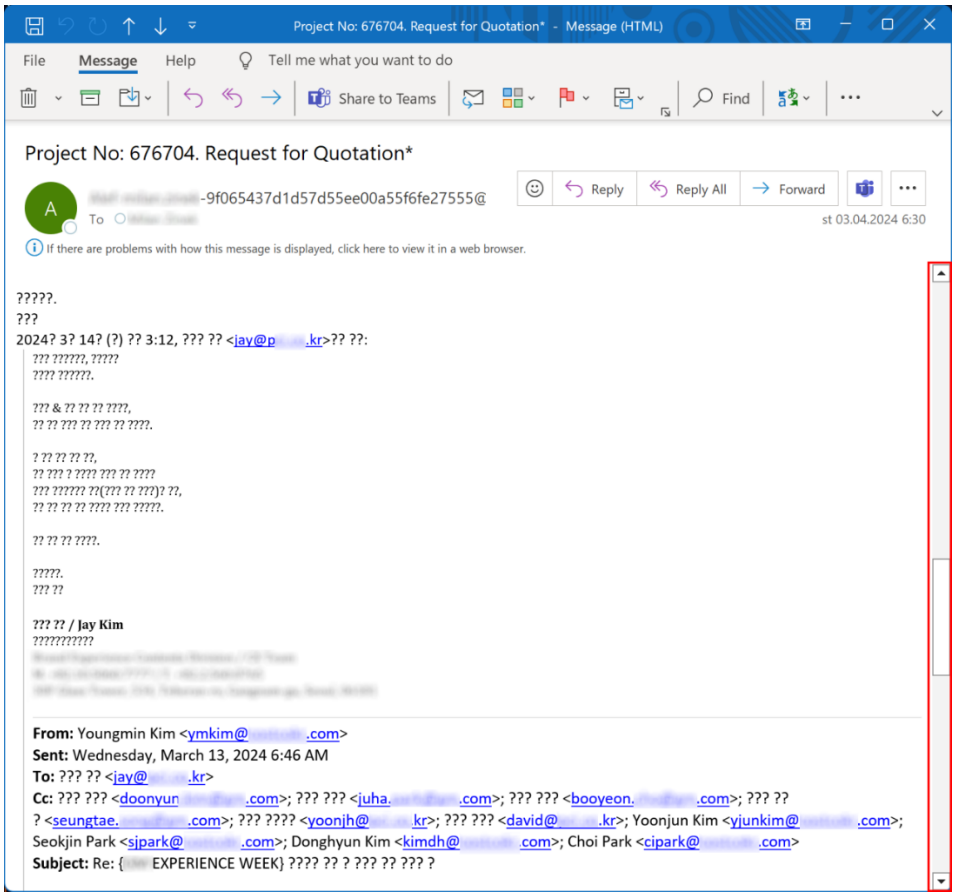
Suite 1, 1 Cardale Park,
Harrogate,
North Yorkshire,
HG3 1RY

Here are a collection of recent attacks (generated by AI for training purposes).
If you look carefully then

1 Phishing via Email Chains & Hijacked Conversations (VERY common right now)

What does it look like?



From: Susan Fry [mailto:sfry@yourcompany.com]
Sent: Tuesday, January 9, 2018 9:25 AM
To: Hamil, James <james.hamil@yourcompany.com.
Subject: Please handle ASAP

– External email. Forward any suspicious emails to bad@yourcompany.com –

Hi James,

I'm currently tied up in a meeting for the next six hours, but we have a vendor saying we're late on paying an invoice. Can you handle the attached ASAP? I can't take calls, so just email me if you have questions.

Susan Fry
Chief Operating Officer
sfry@yourcompany.com

Sent from my iPhone, please excuse typos

🔴 **Real-life example**

An attacker compromises **one real mailbox** (often via password reuse).
They **reply inside an existing email thread** so it looks genuine.
Example:
“Hi, can you quickly check the attached updated drawing before today’s deadline?”
Halfway through the email chain:

- First emails: john.smith@company.co.uk
- Later reply: john.smith@company.co.uk
  (The “a” is a different Unicode character — visually identical)

Or:

- @company.co.uk becomes @company-uk.co

👀 **What users must watch for**

✅ Email thread suddenly:

- Asks for **urgent action**
- Includes a **new attachment or link**
- Mentions **payment, drawings, credentials, or access**

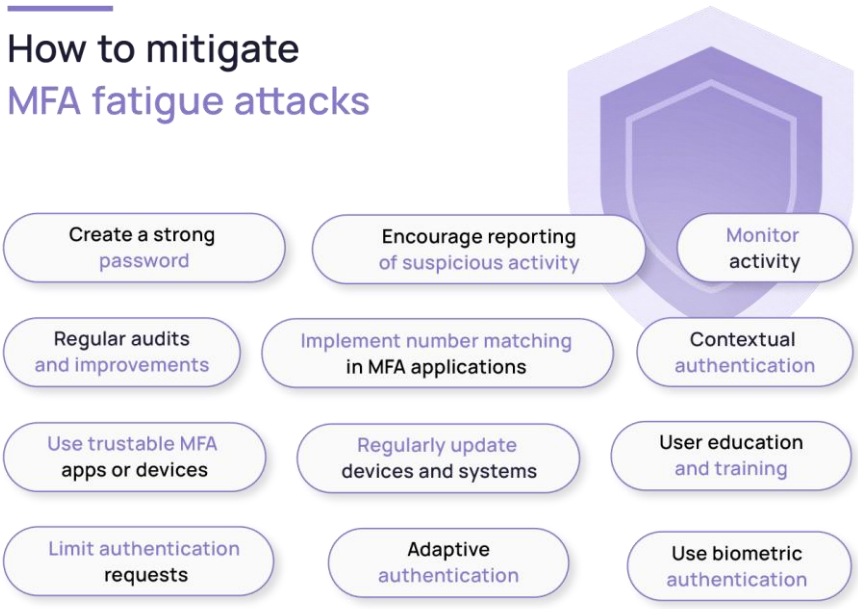
🚩 Red flags:

- Sender address **changes slightly mid-thread**
- Attachment type changes (PDF → ZIP → HTML)
- “Sent from iPhone” on messages that normally aren’t

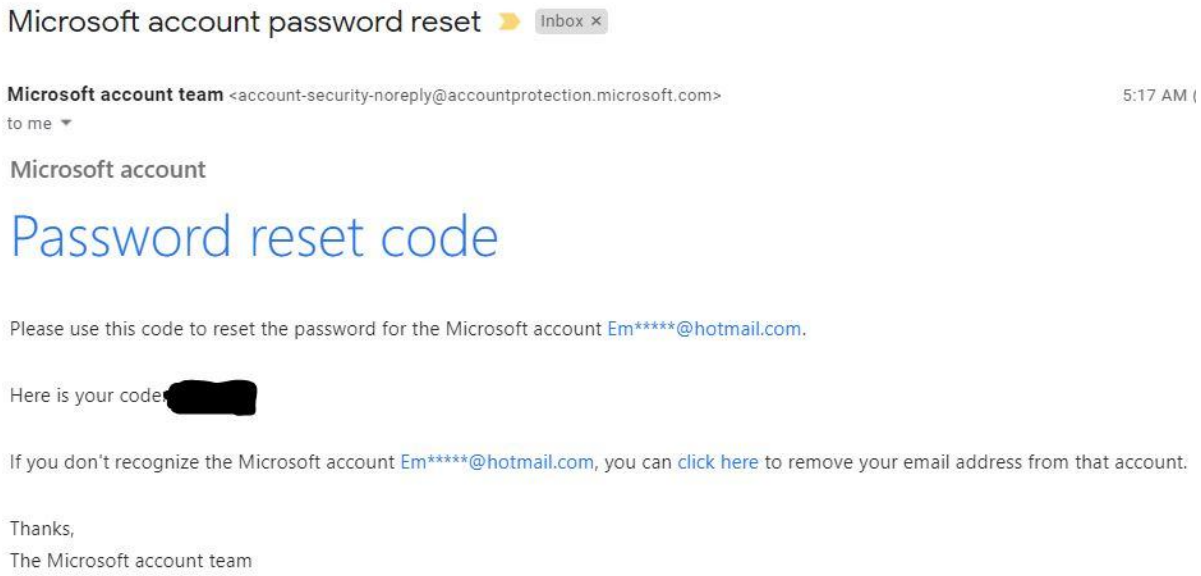
🛡 **What to do**

✓ Hover over sender email every time
✓ If urgent or unusual → **verify via Teams / phone**
❌ Never open attachments just because it’s “part of a thread”

2️ Fake Password Reset / MFA Prompts Outside Normal Cycles



What does this look like?



Microsoft account password reset Inbox ×

Microsoft account team <account-security-noreply@accountprotection.microsoft.com> 5:17 AM (

to me

Microsoft account

Password reset code

Please use this code to reset the password for the Microsoft account Em*****@hotmail.com.

Here is your code [redacted]

If you don't recognize the Microsoft account Em*****@hotmail.com, you can click here to remove your email address from that account.

Thanks,
The Microsoft account team

🔴 **Real-life example**

User gets:

- “Your password expires today”
- “Unusual sign-in detected”
- “MFA reset required”

But:

- It’s **not** password-change week
- They weren’t trying to log in
- The link goes to a **perfect Microsoft look-alike**

Attackers then:

- Capture the password
- Prompt for MFA
- Log in immediately

👀 **What users must watch for**

🚩 Password or MFA prompts when:

- You didn’t request it
- It’s **outside the normal monthly cycle**
- The link asks you to log in **again**

🚩 URLs like:

- microsoft-secure-login[.]com
- office365-verify[.]net

🛡 **What to do**

✓ **Never** click login links in emails

✓ Go directly to:

- portal.office.com
- your normal company login bookmark

✓ Report MFA prompts you didn’t initiate **immediately**

---

3 Supplier / Finance Impersonation (Engineering firms are targets)

What does this look like?

AR

From: Accounts <accounts@knownsupplier.com>
To: Accounts Payable <ap@recipientorg.com>
Subject: Change of bank details financial content
Attachments: invoice.16.21.pdf

Hi Devon,

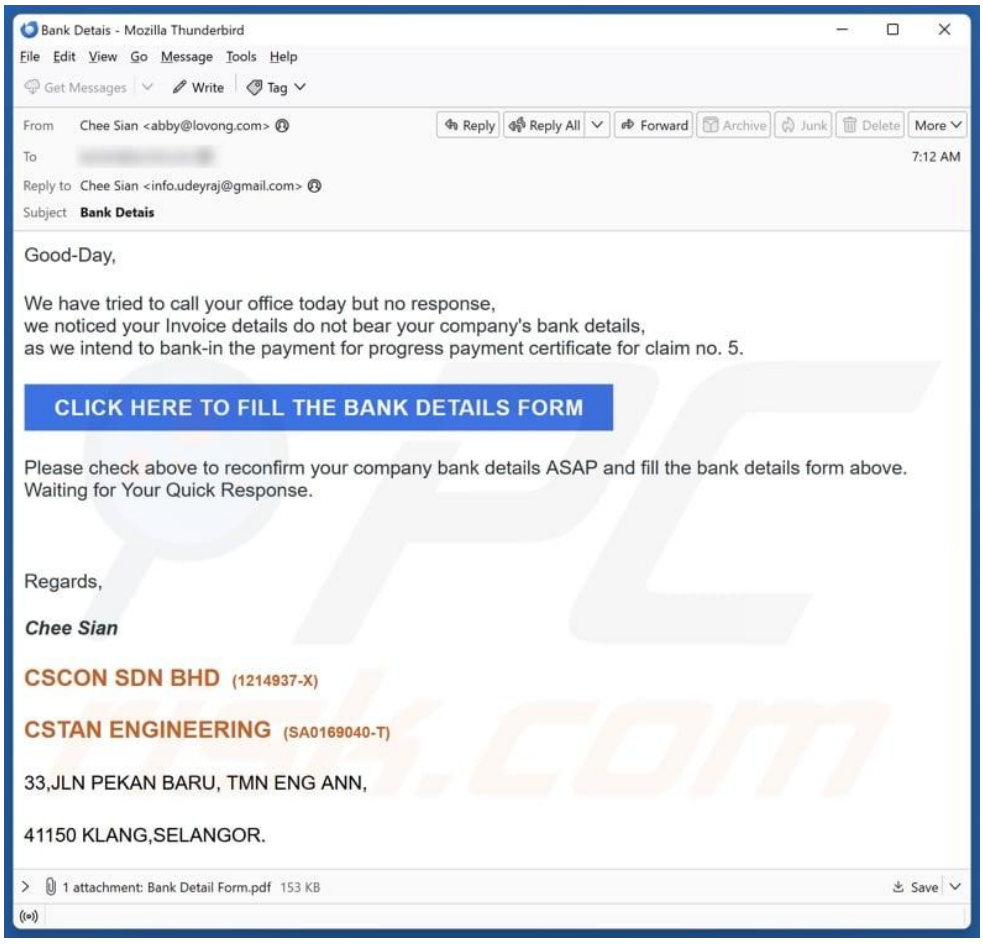
Due to a change in our accounts system, we have changed our bank details as follows:

Account number: 1241249123 financial content

Please direct payment financial request for the invoice attached and all future invoices to the new account.

Regards,

Sam
Accounts Receivable
Known Supplier



🔴 **Real-life example**

Email claims to be from:

- A materials supplier
- CAD / software vendor
- Sub-contractor

“We’ve changed our bank details — please use the new account from today.”

The invoice looks real.

Logo, formatting, even previous invoice numbers copied.

👀 **What users must watch for**

🚩 Any email asking to:

- Change bank details
- Re-pay an invoice
- Use “new” payment info urgently

🚩 “This must be processed today”

🛡 **What to do**

✓ **Bank changes ALWAYS verified by phone**

✓ Never trust bank changes by email alone

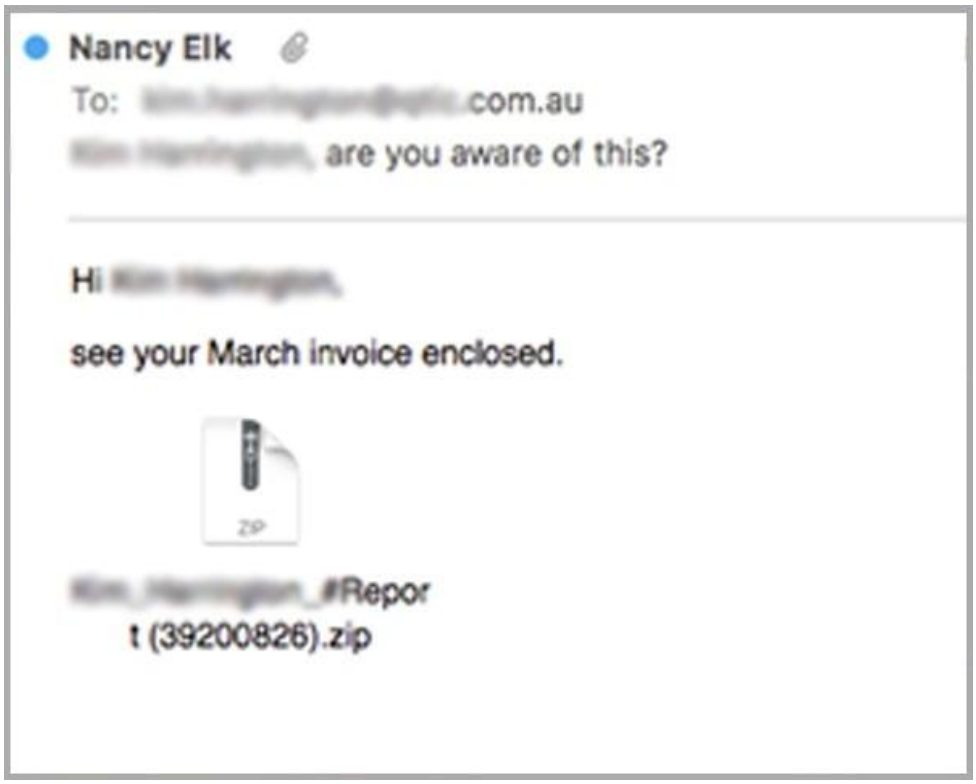
✓ Finance should already have a call-back rule

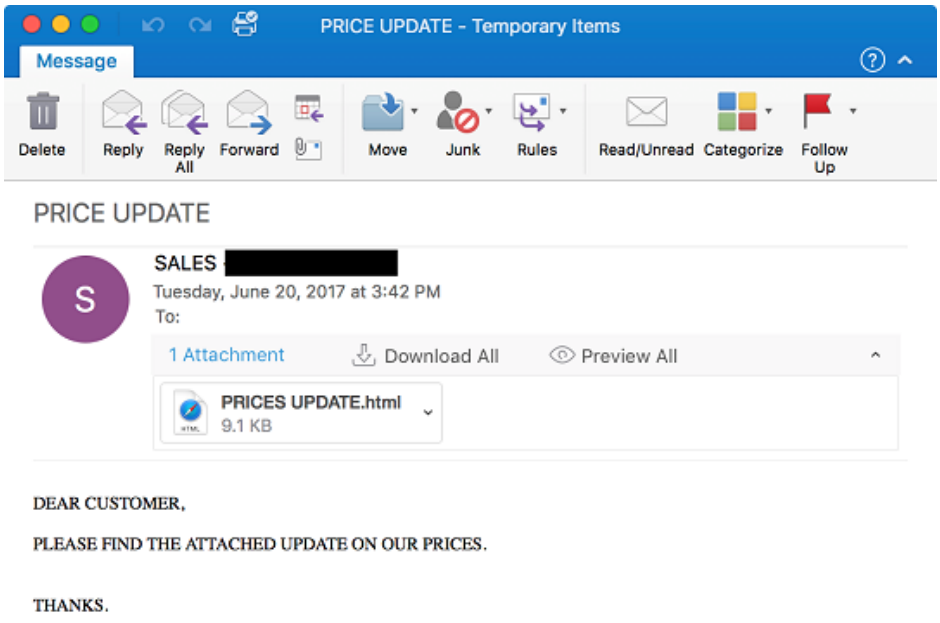
✓ Always check with a colleague for a second set of eyes

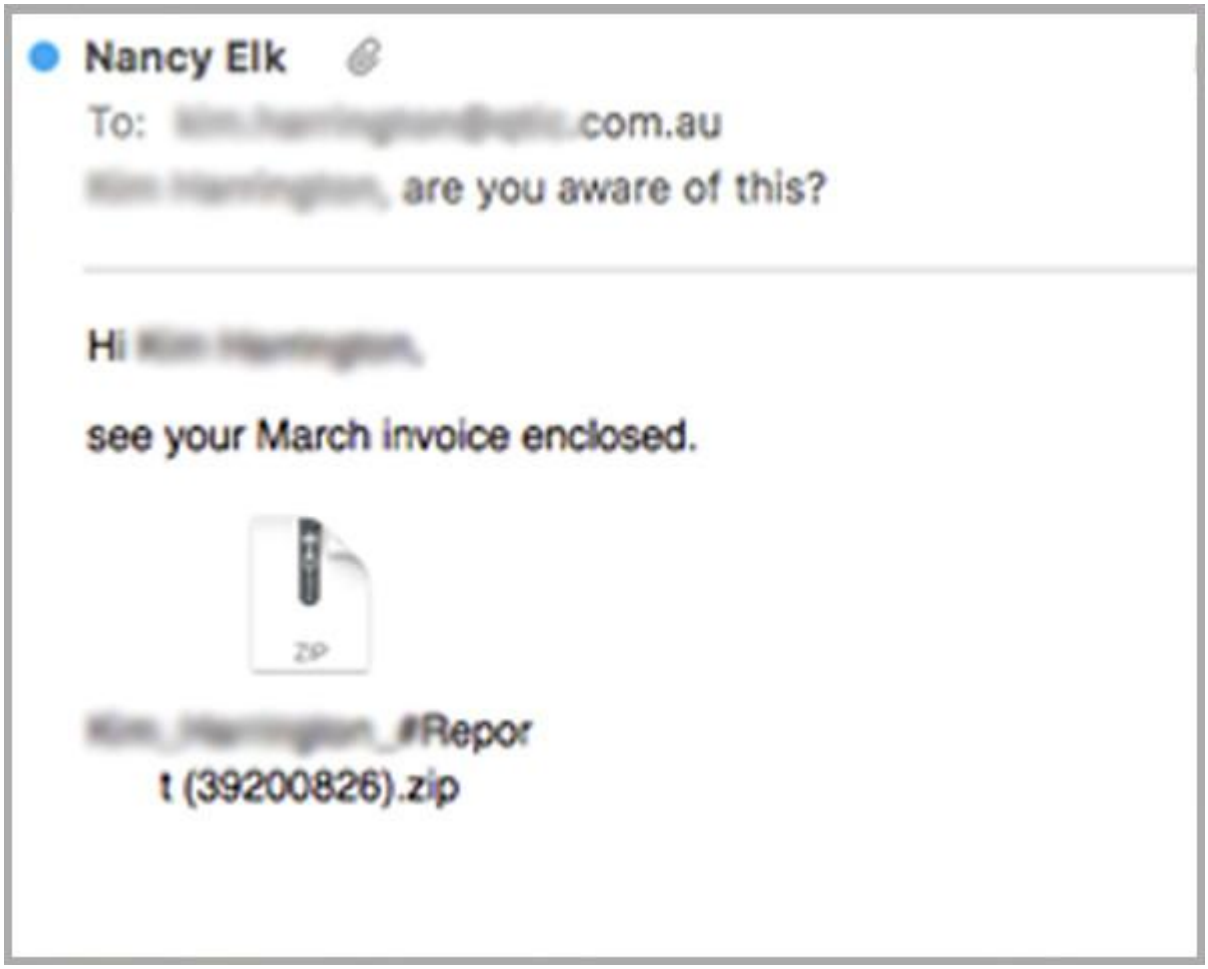
---

4 Malicious Attachments Disguised as “Drawings” or “Specs”

What does this look like?







🔴 **Real-life example**

Attachment named:

- Drawing_Revision_7.zip
- Specs_Updated.html
- Quote_Confirmed.iso

User opens it → sees a fake login page or malware runs silently.

HTML files are especially dangerous — they open **locally** and steal credentials.

👀 **What users must watch for**

🚩 Attachments ending in:

- .zip
- .html
- .iso
- .img

🚩 Attachments requiring you to:

- "Enable content"
- "Sign in to view"

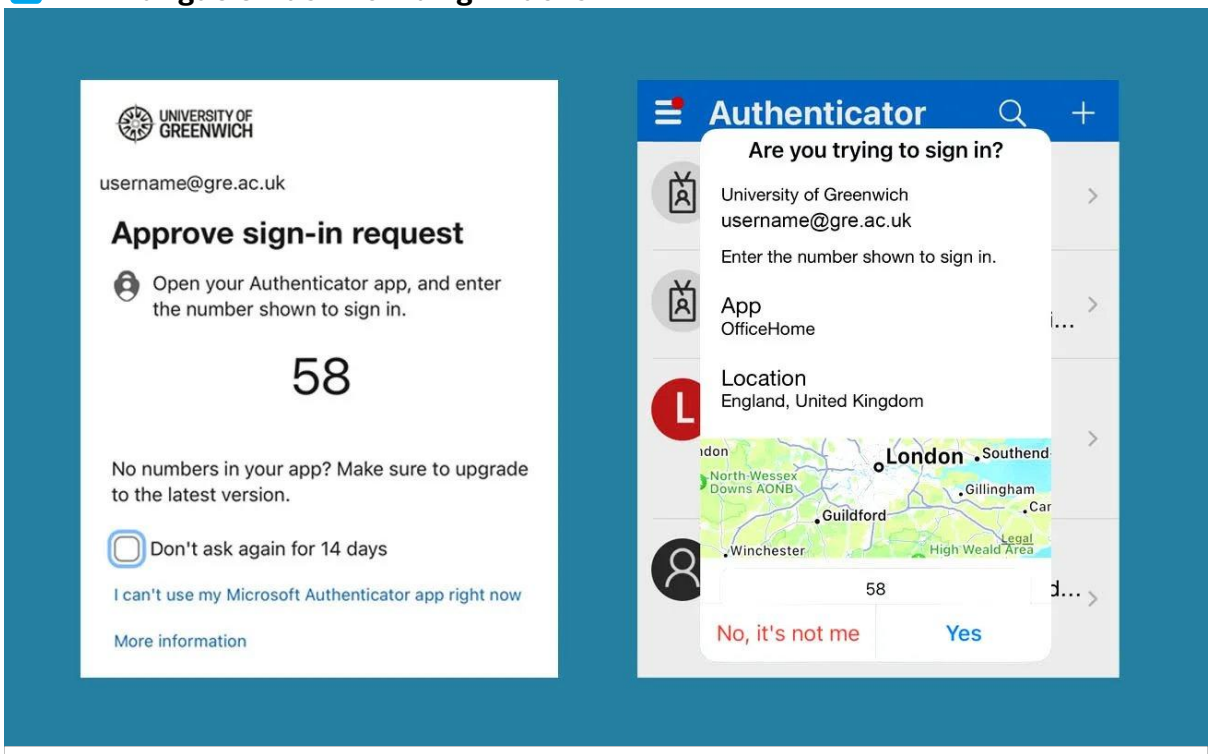
🛡 **What to do**

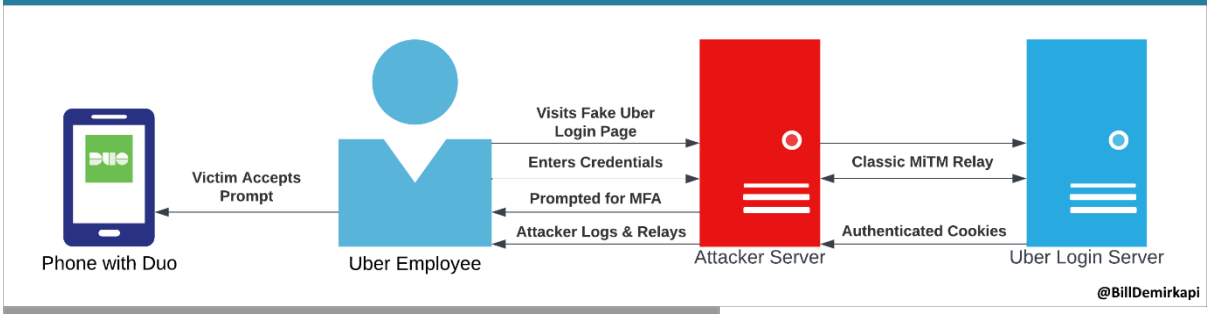
✓ Treat unexpected attachments as suspicious

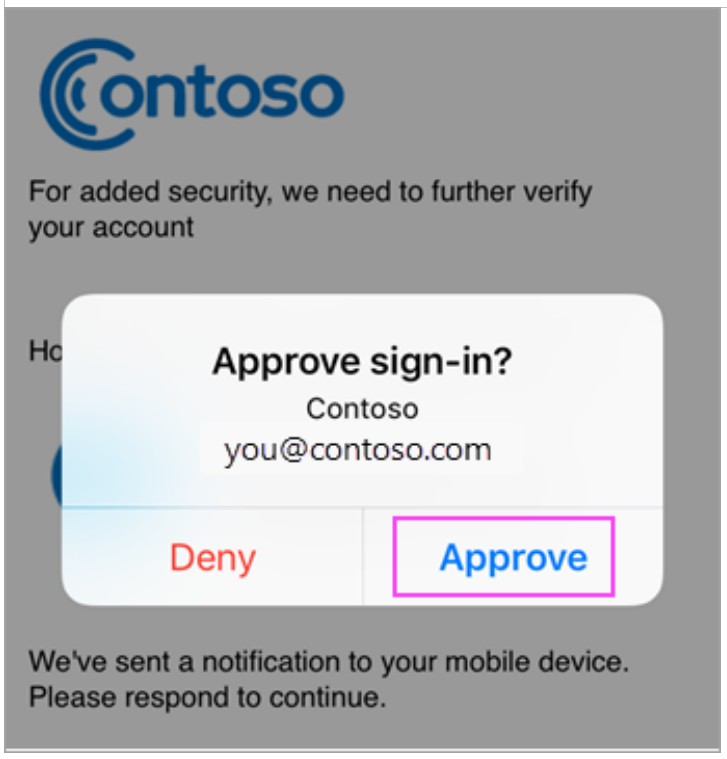
✓ If in doubt → ask IT before opening

❌ Never enter passwords into files

5 MFA Fatigue & Push Bombing Attacks







🔴 **Real-life example**

Attacker already has your password.

They spam MFA requests until the user presses **Approve** just to stop the notifications.

👀 **What users must watch for**

🚩 Repeated MFA prompts when:

- You are NOT logging in
- They arrive late at night or early morning

🛡 **What to do**

✓ **Never approve unexpected MFA**

✓ Report immediately — this means your password is already compromised

✓ IT can block and reset before damage occurs

🧠 **One-Minute Rule to Teach Users**

If it's urgent, unexpected, or asks for credentials — stop and verify.

Always pause if:

- Someone pressures urgency
- Login is requested unexpectedly
- Payment details change
- Attachments aren't expected
