Tabletop exercises

Rehearse, refine, and prove your cyber readiness.

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Business problem

Most organizations have incident response plans, but few have proof they work.

When real incidents hit, untested IR plans collapse: communication breaks down, escalation paths are unclear, and legal/comms teams act too late. Without rehearsal, cross-functional chaos is inevitable and insurers, regulators, and boards now treat untested plans as non-compliant.

A tabletop exercise (TTX) exposes these weaknesses before an incident, not during one. Studies show that IR plans without testing are up to 60% less effective in reducing breach impact. (Arctic Wolf)

Key pain points:

- IR and escalation procedures are untested, creating confusion during live incidents.
- Cross-functional coordination between Security, Legal, HR, and Communications is rarely practiced.
- Insurance carriers and regulators increasingly expect annual or biannual TTXs to validate preparedness. (NetDiligence)
- Without evidence of testing, organizations risk non-compliance with cyber-insurance clauses, and struggle to demonstrate due diligence to boards or auditors. (ACC Docket)

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Why now

Readiness is now auditable. Gruve helps organizations prove it through measurable, AI-enhanced exercises.

- **Insurance & regulatory expectations:** Cyber-insurance policies now commonly require proof of IR plan testing—typically via documented tabletop exercises conducted once or twice per year. (NetDiligence)
- **Evolving threats:** Modern ransomware, insider threats, and third-party breaches demand coordinated responses that extend beyond technical containment to executive communications and disclosure. (Foregenix)
- **Board accountability:** Executive teams must demonstrate "reasonable preparedness." A recent survey shows 83% of boards now request evidence of IR rehearsals annually. (Arctic Wolf)
- **AI-driven realism:** AI simulation now enables dynamically adaptive injects, realistic pacing, and real-time summarization, making exercises more impactful and measurable.

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Solution overview

Gruve's Tabletop Exercise Service transforms your incident response plan from a binder on a shelf into a proven, auditable capability.

We deliver a facilitated, AI-enhanced simulation tailored to your organization's threat profile, industry, and regulatory landscape.

Each engagement includes:

- **Relevant scenarios:** Customized to your most likely threats (ransomware, insider misuse, third-party compromise).
- **AI realism:** Dynamic injects and decision tracking to maintain engagement and realism.
- **Expert facilitation:** DFIR-trained moderators guide discussion, ensuring Security, Legal, HR, and Comms alignment.
- **Actionable proof:** After-action reporting provides measurable readiness scores and audit-ready evidence for insurers, boards, and regulators.

Gruve doesn't just test readiness—we prove it.

Gruve's solution items

Phase	Outcomes
Customized scenario design	Tailored to your sector, size, and threat profile (ransomware, insider misuse, third-party breach).
AI-enhanced simulation	Adaptive injects, real-time summaries, and decision tracking for immersive realism.
Cross-functional facilitation	Exercises include Security, Legal, HR, Communications, and Executives to validate decision-making under pressure.
After-action reporting	Detailed analysis with prioritized gaps, maturity scoring, and readiness metrics.
Compliance documentation	Generates audit-ready evidence for insurance renewals, regulators, and board reporting.

Organized around three pillars:

- **Design & simulation:** Realistic scenarios that mirror your actual risk surface.
- **Facilitation & engagement:** Guided cross-functional participation for decision validation.
- **Measurement & proof:** Metrics and documentation that demonstrate maturity.

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Benefits of Gruve's solution

Benefit	Description
Proven readiness	Tailored to your sector, size, and threat profile (ransomware, insider misuse, third-party breach).
Regulatory & insurance alignment	Adaptive injects, real-time summaries, and decision tracking for immersive realism.
Cross-functional coordination	Exercises include Security, Legal, HR, Communications, and Executives to validate decision-making under pressure.
Accelerated learning	Detailed analysis with prioritized gaps, maturity scoring, and readiness metrics.
Quantified improvement	Generates audit-ready evidence for insurance renewals, regulators, and board reporting.

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Tabletop exercise offerings

Offering	Focus/scope	Core activities	Key deliverables	Ideal for
Core TTX (annual)	Single realistic scenario (ransomware, data exfiltration, insider threat).	Scenario customization · 2–3 hr simulation · Facilitated discussion · AI summaries	After-action report · Gap analysis · Readiness certificate	Organizations meeting insurance or audit testing requirements.
Advanced multi-scenario TTX	Multi-team simulation integrating Legal, HR, and Comms.	Complex injects · Parallel decision tracks · Real-time capture	Executive debrief · Comprehensive readiness report · Improvement roadmap	Mid- to large-enterprises; regulated sectors.
Executive TTX (board simulation)	Strategic, board-level exercise focused on disclosure, investor communication, and continuity.	Role-playing for C-suite · AI-driven injects	Board-ready summary · Crisis communication playbook	Boards, GCs, and executive leadership teams.
Continuous readiness program (TTXaaS)	Quarterly rotating scenarios with improvement tracking.	Scheduled sessions · Trend analysis · Coaching	Year-over-year maturity metrics · Continuous improvement plan	Enterprises and insurers requiring recurring validation.

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Competitors

Traditional tabletop providers focus on compliance or theatrics. Gruve bridges both with AI realism, cross-functional facilitation, and measurable outcomes.

Competitor	Market focus/strengths	Limitations/Gruve advantage
Mandiant (Google Cloud)	Global enterprise TTX with strong threat realism.	Premium pricing; limited adaptability. Gruve offers AI realism, faster delivery, and insurer-ready documentation.
CrowdStrike Services	Integrated TTX within IR retainers.	Highly technical focus; limited executive facilitation. Gruve adds cross-functional realism and AI-based summarization.
Kroll / Duff & Phelps	Compliance-driven tabletop programs.	Template-heavy. Gruve provides adaptive injects and rapid after-action reporting.
NetDiligence	Insurance-linked TTX for compliance validation.	Check-box testing only. Gruve delivers analytics and readiness metrics.
Unit 42 (Palo Alto Networks)	Board-level workshops for large enterprises.	Limited AI or mid-market reach. Gruve serves regulated midsize organizations with turnkey delivery.

Gruve differentiators

- **AI-enhanced realism:** Dynamic injects, adaptive pacing, and real-time summarization.
- **Cross-functional facilitation:** Security, Legal, HR, and Communications in one integrated session.
- **Audit-ready documentation:** Built for insurers, boards, and regulators.
- **Quantified readiness metrics:** Year-over-year maturity tracking.
- **Outcome-proven readiness:** Every engagement produces measurable evidence of improvement.

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Use case / case study

At a glance

A regulated financial services provider required IR validation for both insurance renewal and board assurance. Gruve delivered ransomware + data leak simulation involving Security, Legal, HR, and Communications.

Results

- Identified four procedural gaps and two escalation delays.
- Follow-up TTX showed 40% faster decision-making and improved cross-functional coordination.
- Satisfied insurer's annual IR testing requirement and reduced renewal premium by 8%.

40%
faster decision-making and improved cross-functional coordination

Outcome

The client's IR plan is now proven, documented, and auditable; strengthening both regulatory confidence and leadership assurance.

About the client

U.S. financial services provider with strict NYDFS and PCI obligations, requiring documented IR rehearsals and continuous improvement reporting.

Challenges

Existing IR plan had not been tested cross-functionally; regulatory auditors requested evidence of simulation; insurance carrier required proof of annual TTX.

Solutions

- Tailored ransomware + data-leak scenario.
- AI-generated injects to mimic evolving crisis context.
- Expert facilitation and actionable after-action report for board presentation.

Results & benefits

Validated IR plan under realistic conditions; improved coordination and timing; achieved compliance with insurance and regulatory requirements; enhanced board confidence in organizational readiness.

Don't wait for a breach to expose your plan's weaknesses.

Gruve Tabletop Exercises transform static IR plans into measurable proof of readiness, combining expert facilitation, AI realism, and audit-ready reporting for insurers, boards, and regulators.

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