



# The Cisco Pavelka Wellbeing Initiative

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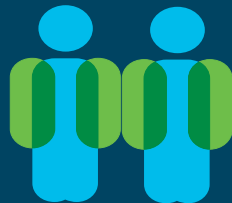
# Cisco at a glance



\$48.7B Revenue  
FY16



72,000 employees  
3,500 UK&I



35% Engineers



19,000 Patents



# 1 or 2 in most  
market segments



465 Countries  
480 global sites



17 UK&I Sites



190 Acquisitions  
since 1993



50% Mobile  
9% Fully Remote



66% time saved  
telecommuting



# A hyper-connected and busy world

Employee Experience



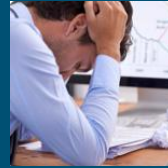
Continuously connected with little breaks throughout the day



Working remotely from team leader and the team contributing to isolation



Frequent late evening meetings and customers' escalations



Being stationary for long periods of time leading to muscular issues



Fast paced work and changing environment increasing stress and anxiety



Presenteeism and sick leave, negative impact on morale and engagement

## The challenges we face in the work environment



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# Our People Deal

## Connect Everything

**Connecting** Cisco people across EMEAR with our own collaboration technology

## Innovate Everywhere

Bringing the best version of ourselves to work – fueling creativity and **innovation**

## Benefit Everyone

Creating a more inclusive environment that everyone can **benefit** from, where we share experiences and inspire each other to live well!



# Unique opportunity for Cisco



Inspiration

Resilience

Inclusive

Technology

Education

Community

**How many of you missed out on breakfast today? If we want our cars to run smoothly, we put good fuel in. Our bodies are the same. So what was your fuel this morning?**

– Jessie Pavelka

*To make changes you must connect with something...this connection pulls you out of bed in the morning and gets you going no matter what the conditions.*

~ Jessie Pavelka





# EAT

- ❑ Food is fuel



- ❑ Consistency is key - 3 main meals & 2 snacks

- ❑ Add variety & colour to your plate

- ❑ Healthy eating is a lifestyle choice, not a fad diet





- ❑ Exercise comes in many forms—something for everyone
  - ❑ Finding windows of time to move everyday
    - ❑ Find an accountability partner
  - ❑ Get out of your head and into your body



THINK



- ❑ Pay attention & set your intentions each day

- ❑ Breathe/Meditate

- ❑ Journal – get things out of your head & on to paper

- ❑ Put things into perspective



- ☐ Connect to the self
- ☐ Connect to another
- ☐ Connect to a group
- ☐ Connect to something greater than you

# What Cisco Pavelka brings to Cisco



## Jessie Live Events

Regional Quarterly/Cisco TV  
Country learning roadshows  
Events/Festival/Bootcamp



## Real life “Inspire” stories

Producing TV show for House & Cisco TV  
Jessie helps employees & team wellbeing journeys  
4 mini Cisco TV shows per year



## Monthly Webinars

Sessions on the Four Elements  
Cisco Webex broadcast &  
recordings



## Prizes

1:1 TP coaching with Jessie  
Books, water bottles  
One week Wellbeing Retreat



## Pavelka House for Cisco

Exclusive content, images and  
videos from Jessie & Experts  
Employees post articles for House,  
Cisco Jive & Cisco Spark Rooms



## Bringing it to life

Pavelka Pioneers in Country  
Collaboration Facilities - work  
environment provides healthy options to  
sustain our goals

## “Ask Jessie” Q&A

Jessie & team of experts available to answer members questions on House Forum pages and Cisco Spark Rooms

# “It is not the mountain we conquer, but ourselves.”

Edmund Hillary





# THANK YOU

Healthy Mind  
Healthy Body  
Healthy Life

#CiscoPavelka



# Questions?

