



People & Communities

Cisco Inclusive Wellbeing

Eleonora Nardini

People & Communities Country Lead

CEOforLife Lundbeck Awards: La salute parte dal cervello

Cisco: Inclusive Well-being Everywhere

Enabling the well-being of our people ensures sustainable performance and drives engagement



*Offering Leaders and Teams:
Regular, relevant well-being support and resources*



Cisco global wellbeing offerings



Wellbeing support and more

- **Pavelka House for Cisco** (EMEAR, APJC, LatAm & Canada)
Find inspiration by joining your colleagues in the well-being community of Pavelka. Take part in healthy Challenges, join online events and learn about how to be a well-being Pioneer, or gain motivation with exclusive content to watch, listen to and read.
- **Vida Health Personal Coaching** (U.S.)
Partner with a personal coach to achieve your wellness goals around nutrition, exercise, sleep, and more. Vida can also help if you're dealing with symptoms of anxiety or depression or want to become more resilient.



Expert Medical Opinion Program

Get a free, independent medical opinion from a physician when faced with a medical decision or diagnosis. We also offer transgender and non-binary employees support with a dedicated physician manager with expertise in areas like gender affirmation surgery, hormone replacement therapy, and more.



LifeConnections Centers

(Locations in India, Mexico, United Kingdom, and U.S.)

Discover world-class healthcare, premiere fitness services, and superb childcare and early education (services vary by location).

Virtual fitness classes offered to all employees.



Employee Assistance Program

Counselors are available 24/7, offering confidential support for family issues, relationship struggles, anxiety, stress, and more. The EAP can also help you find local resources for childcare, elder care, legal and financial assistance, and more.



Mindfulness & Resilience at Cisco

Join Cisco Mind Set, which offers expert led courses designed to help you be your best and achieve a calm, focused and resilient mind. Beginners and experienced practitioners of mindfulness alike can also join our *Mindfulness & Resilience* community to find events, programs, and resources in your local region.



Mental Health Awareness at Cisco

Access mental health resources, tips, and read inspirational employee stories on our Safe To Talk page.



Rethink

If you're caring for a child with a learning, behavioral or developmental disability, you have access to personalized expert advice and resources to help your child thrive.

Cisco local

CISCOPLAY Italy Program



EXTRAORDINARY DAILY

A video series to communicate stories of extraordinary daily, when impossible become possible. Everyone contribution for Cisco Italy to be a **Best Place to Work**.



NEVER STOP LEARNING

Interferenze dal Futuro: a new Materclass with webinars on the most trending topics of interest: Data Privacy, Agile, Circular Economy, Data Storytelling, etc.



LEADERS COMMUNITY

A **People Leaders community** to share best practices, co-create initiatives in country and grow communication, network and leadership development opportunities in synergy.



CISCO COLLECTION

A collection of stories, experiences and milestones to empower people. A way to reflect & mirror ourselves in our Principles and to live our Conscious Culture.



THE BEST OF ME

A planning of initiatives for personal development & mental wellbeing (Alta Rotazione). Accelerate use of Cisco Resources (ex. Virtual Health Check, Employee Assistance Program).



CONNECTED HEARTS

Our employees' communities together as **Connected Italy** to support inclusion, networking and community, contributing to power an inclusive future for all

