

# Show, Share, Become

## YOUR COMMUNICATION TOOLKIT FOR THE CISCO GLOBAL WELL-BEING CHALLENGE

<http://go2.cisco.com/globalwell-beingchallenge>

### What is the Cisco Global Well-being Challenge?

- This Challenge is all about healthy collaboration: place a focus on the well-being of your team and encourage a healthy shared culture.
- Go on a journey of well-being with The Four Elements and share it with the global Cisco community on the brand new Pavelka app.

### When does the Cisco Global Well-being Challenge Start?

- You can download the brand new Pavelka app, join the Challenge and create your team from Monday 17th January 2022.
- The Cisco Global Well-being challenge starts on the 31st January 2022, so there is plenty of time to arrange your team.

### Where do I take part in the Cisco Global Well-being Challenge?

- On the brand new [Pavelka App](#). Find out more about the challenge on <http://go2.cisco.com/globalwell-beingchallenge>



### YOUR TOOLKIT

[Challenge Logo](#)



[Social media posters](#)



[Template Invitation Email](#)



[Template WebEx Message](#)



[Template Social Media Post](#)



[Send a Calendar Invite](#)



[The Challenge Website](#)

## Action 1 - Share the Challenge

Healthy Collaboration works best when everyone is clear on the destination and the goal ahead.

You can share the challenge with our ready-to-use templates. Share some [simple messaging on WebEx](#), send an [email to your Team](#) or invite your community using our [ready-made calendar invite](#).



## Action 2 - Download the BRAND NEW Pavelka App

Available from the 17th of January, download the all-new Pavelka app from your app store to take part in the Cisco Global Well-being Challenge:

Don't forget to unlock The House with the key - CiscoHouse



## Action 3 - Create Your Team

Who are your three favourite people at Cisco?

Once you have downloaded the app, you will be able to create your team, with your three favourites joining you for the Cisco Global Well-being Challenge.

You have until the 31st of January to create your team. After that, there is plenty of time to encourage your friends to download the brand new Pavelka app so that you can all level up your well-being together.

