

A day in the life of the modern worker



15

bags of complimentary snacks consumed per month



55

handshakes per week, give or take a few



863

PDFs downloaded per year



3

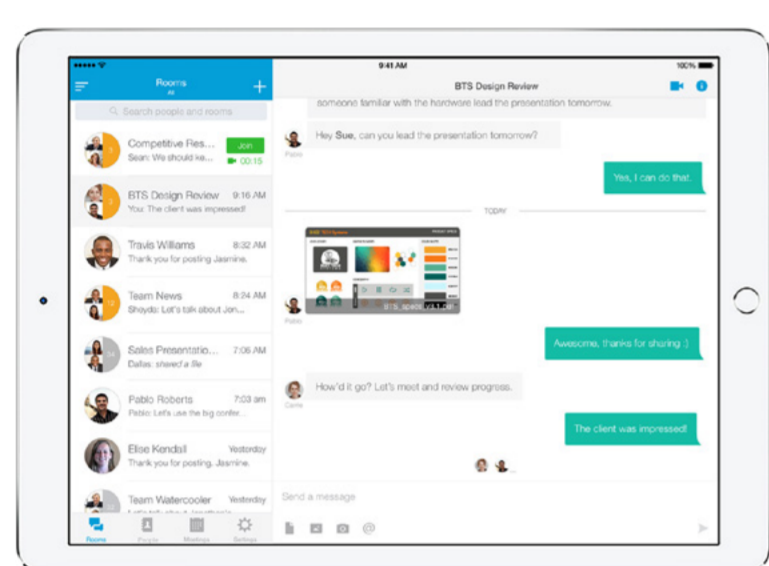
cups of coffee per day, but who's counting?



19

emails received per hour (on a good day)

If this snapshot of working life looks familiar, keep reading. Cisco® technology can help the busiest executives not only stay in touch, but also get work done throughout the day.

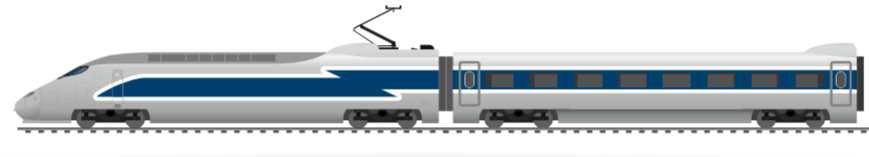


7:03 AM

Use Cisco Spark to catch up on the progress your teams have made overnight on the other side of the world.

77 percent of CEOs believe that digital technologies are creating value for internal and external collaboration.*

8:12 AM



Message with your team and share files as you commute into the city.

8:47 AM

Stop off at the office café for the obligatory espresso or cappuccino.



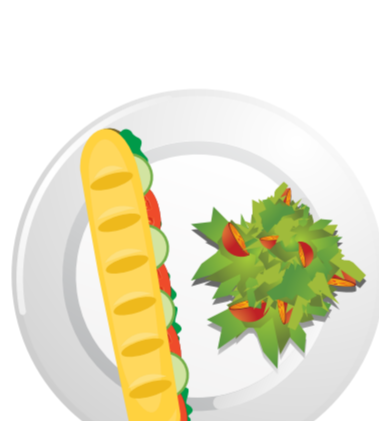
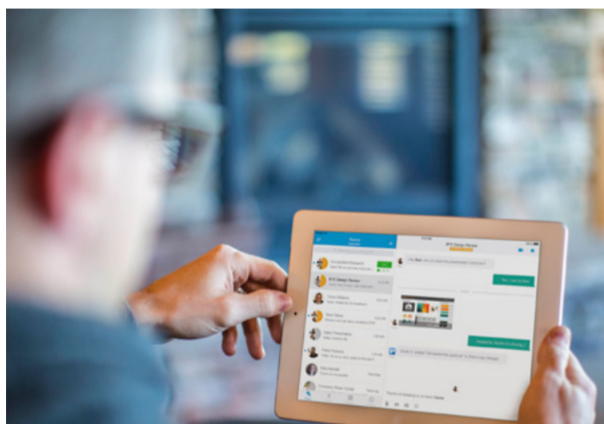
8:50 AM

Start video chat on the way to the office. Halfway through, transfer the call seamlessly from your phone to Spark room system.



10:00 AM

Hold a series of video conference calls, collaborating with everyone from top customers to co-marketing partners.



12:15 PM

Take a quick break.

1:30 PM

Pitch to a prospective client using the Cisco Spark app to share new ideas, and add a subject-matter expert to help answer questions.

By 2020, 4 out of 10 high performers will distribute their work across a team of "virtual doppelgängers" to boost their personal productivity.**



3:22 PM

Get patted down by the overeager airport security.



4:00 PM

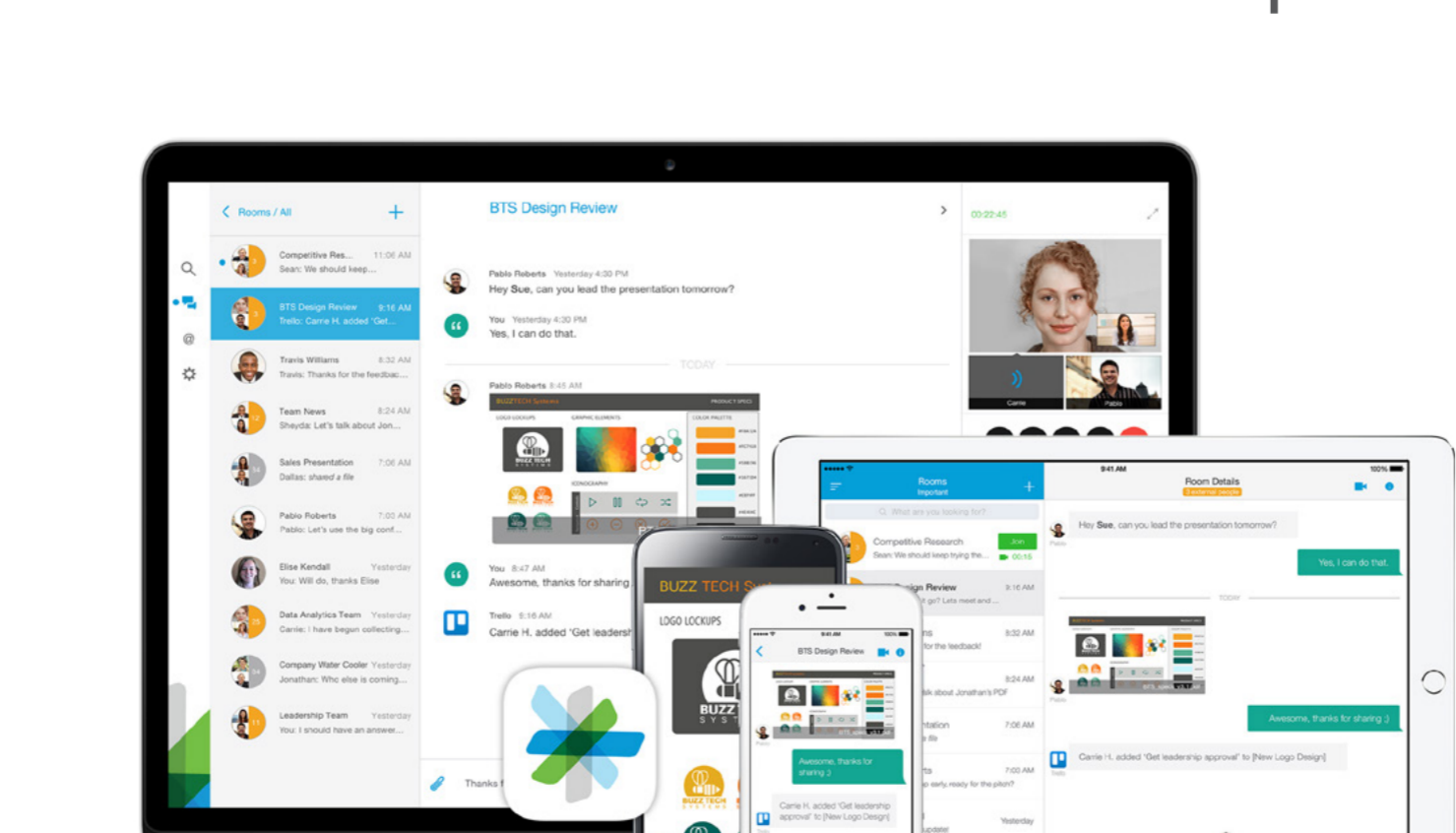
Use the Cisco Spark app on your smartphone to lead a sales team meeting while waiting in the airport terminal.



8:05 PM

Check in to the hotel just in time to speak with your children before their bedtime on a video call.

Welcome to Cisco Spark.



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* The Future of Work Community, *Future of Work, Make the Future Work for You*, Oct. 6, 2015.

** "Eight Building Blocks for the Digital Workplace," Gartner, May 20, 2015.