



Healthy Choices, Healthy Results

Working from home is working out for us

The Prowess Routine

An active year for Prowess and our clients:

11,438

Microsoft Teams® meetings held

474,502

Microsoft Teams messages sent

259,184

Emails sent



All That Hard Work Adds Up!

An overview of our year producing successful content for our customers

12

Demos, training labs, benchmarking projects, and reference architectures

57

Solution briefs, white papers, case studies, eBooks, and battlecards

35

Videos, presentations, and infographics

695

Social posts on Twitter and LinkedIn

1,108

Slides created

254

Hours of client training



Work Together, Succeed Together

40%



of team members have been with Prowess for 5+ years

16



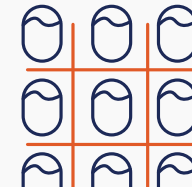
pets accidentally joined our virtual meetings

7



kids interrupted our virtual meetings

3



times someone made a The Brady Bunch® joke about a virtual meeting

We look forward to seeing you in the new year.

Here's to a fit and fantastic 2021!

Work out with Us

30-minute circuit

Round 1

Jumping jacks 45 seconds
Rest 15 seconds
Push-ups 45 seconds
Rest 15 seconds
Repeat four times

Round 2

Plank 45 seconds
Rest 15 seconds
High knees 45 seconds
Rest 15 seconds
Repeat four times

Round 3

Squats 45 seconds
Rest 15 seconds
Wall sit 45 seconds
Rest 15 seconds
Repeat four times

Cool down for 6 minutes

