

BOLETÍN

ONE ANGLO








members of



The Anglo Mexican Foundation

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At the Foundation we seek continuous improvement, and on our way to finding the most effective way to communicate with you, we understood that communicating a lot does not necessarily mean communicating well.

We are sure of one thing; we want to keep you up to date with all the projects that we're developing from the different areas that represent us. That is why we bring you a new way to continue living the ONE ANGLO experience: our NEWSLETTER.

What will you find here?

Our Foundation: Relevant communication about TAMF and business areas. What we are doing to fulfil our mission.

Professional Development: Information of interest to your professional growth and that of all employees.

Welfare: Information that can be useful in your personal life such as: emotional, physical, and mental health, legal assistance, financial education, among others.

Our Talent: Do you know all the people who make up TAMF? Here you can find out more about them.

We warmly welcome you
to our **ninth edition.**
thank you for being part of
The Anglo Mexican Foundation.

OUR FOUNDATION



First

B2B and Business Centre



On the 6th of July, the first commercial area workshop took place. The B2B and Business Centre areas met at the Club de Industriales in order to create a synergy in the team and to see the challenges they are facing as well as the future commercial achievements they have planned for 2023.

The agenda started at 10:00 a.m. where our Chief Academic Officer, Simon Brewster, gave a speech thanking them for their commitment to the Foundation. He described how all the effort they have put in is aligned with our mission of "Transforming Lives". He stressed that English language teaching and learning is a necessity and we are the best at delivering English language courses.

Next up, Director of The Anglo, Maria del Carmen González Vera, began her speech with an emotional video, inviting the team to work together and be an agent of change for the Foundation. Finally, our Chief Commercial Officer, Niall Lloyd, invited the team to reflect on improvement and to do things with passion because it is a very dedicated team.

After the opening there was a brief team building session where the dynamics were focused on integration, teamwork, continuous improvement, customer service and above all the selling of experiences and being recognised as the leading institution in the provision of English language courses.



OUR FOUNDATION

The programme continued with several team role plays with the intention of helping our colleagues see the target market, focus on options and attract more companies in order to be more competitive in the corporate world.

Finally, topics related to marketing were discussed, focusing on the digital channels that have become relevant for The Anglo and bringing us closer to the end customer.

We thank the whole team for making this day the beginning of a great success story.



It was an honour to be with all the members of the B2B academic and commercial teams during the day's activities. Integration and knowledge were the basis of the activities in which we demonstrated what a great team we are. I am happy to say that the day was a great success with the main ingredients being everyone's enthusiasm and energy.

Thank you very much for making this event so important for the Foundation. As you know this day was the start of something that is going to grow and has the potential to be something very special. The two individual teams are very good, but surely, we can do so much more together.

I have full confidence in you. Let's continue to build a high performing team, with trust, empathy and understanding of each other. I am confident that we can develop and grow together to achieve the desired results, always accompanied by excellent service and the best quality.

Congratulations to all!

Niall Lloyd



OUR FOUNDATION

Writing course

The Anglo ELE



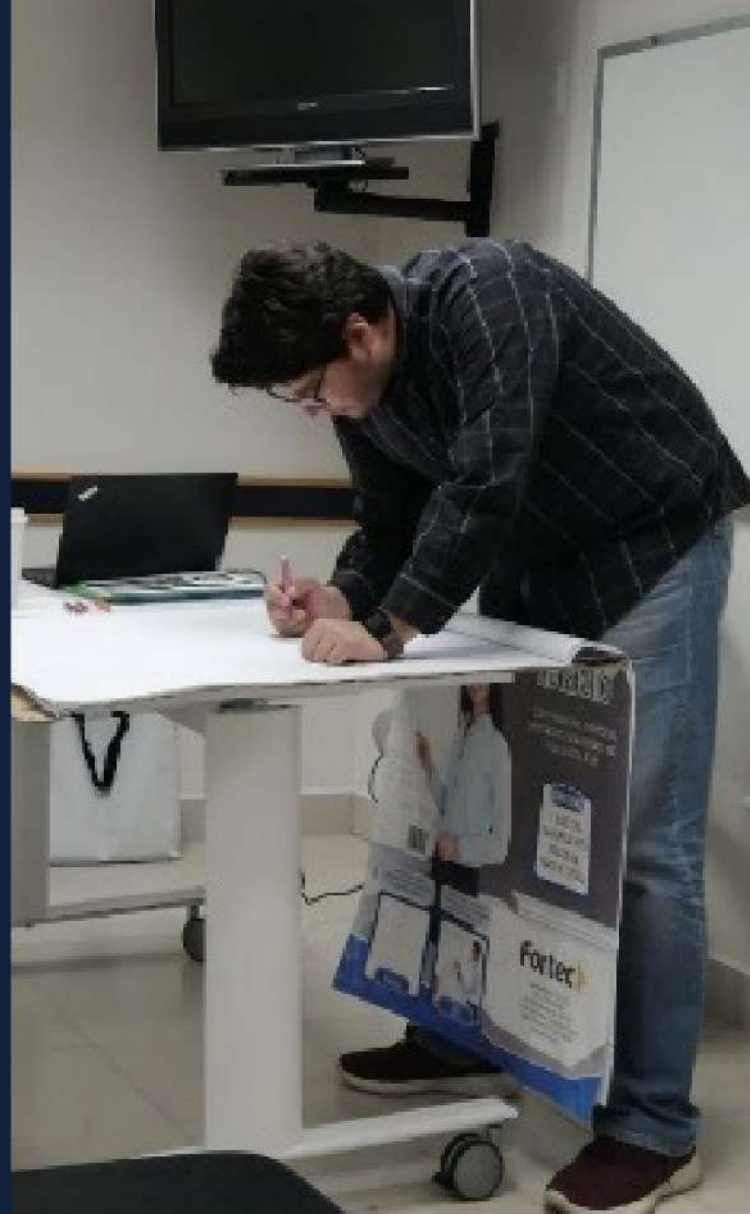
Written communication between the Foundation's colleagues is essential. The same is true for contact with our students, their families or customers in general. These are important actions, so much so that the achievement of common goals, academic progress and student satisfaction, for example, depend on it.

Writing clearly and accurately is an activity in which we must constantly update ourselves. In order to communicate effectively, we need to implement a range of communicative competences and language skills other than just speaking. Written language is a complex process that requires us to adapt our messages. It is very important to recognise what we want to express, to keep in mind who our reader will be and, therefore, to select our vocabulary carefully and accurately. But the matter does not end there. In the production of the text, we link sentences that do not necessarily communicate our ideas transparently and can lead to ambiguity.



The operations management and the Spanish area of The Anglo have proposed a writing course to support our colleagues in the Relations and Admissions area. The aim is to improve the writing of their messages and develop their language skills. With enthusiasm and in order to provide new professional opportunities, a course has been designed to enable participants to activate previous learning (basic concepts) with regard to Spanish grammar and spelling, in order to gradually write concise and clear texts.

The course started on the 30th of May and its four modules have been adapted to the needs of the colleagues without affecting their responsibilities. We know that the impact of the writing course on our work will be positive. Our community requires attention as well as quality service and our colleagues are counting on the support of the Foundation to achieve these goals. Congratulations on this new venture and on the colleagues who will further their professional development.

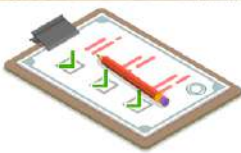




Civil Protection and First Aid Course

At The Anglo Mexican Foundation, the safety of our colleagues and students is the most important thing, so we would like to share with you that in June and July, civil protection courses were given to 106 colleagues of The Anglo. The purpose was to promote our culture of self-protection and prevention, through the training of our colleagues in how to minimise risks or be prepared for any event or emergency that could affect all of us in the environment.

We are grateful to all our colleagues for their participation and commitment, dedicating their valuable time to these issues that are vital to the Foundation.





Excellent News

at The Anglo Assessment
(IE&CA)!



We are pleased to inform you that, from January 2023 to date, we have successfully enrolled 125 new preparation centres (schools). This achievement is a testament to our commitment to educational excellence and the expansion of our colleague network.

These 125 authorised sites join our growing community of educational institutions committed to quality and student preparation. Some of these centres have been carefully selected and assessed to ensure that they meet Cambridge Assessment's standards to serve as application sites.

Our network of preparation centres is fundamental to providing students with optimal delivery in their exam performance. Through these centres, we offer tutoring programmes with AIE providing support to boost cross-selling, preparation and ongoing English language learning for exams with the English Exams Lab platform, academic counselling and a wide range of educational resources to help students and teachers achieve their academic and professional goals.

Un mejor futuro con la
certificación de inglés.

EN THE ANGLO
ESTAMOS CERCA DE TI
PARA CUMPLIRLO.



Bienvenido al Registro Grupal de Cambridge

The affiliation of these new sites not only expands our capacity to reach more students in different regions, but also allows us to establish strategic partnerships with renowned educational institutions across the country.

These agreements enable us to exchange knowledge, share best practices and collaborate on joint projects that will benefit students and our mission.

We are proud of this expansion and are always grateful to all the new preparation centres that have put their trust in us. We are excited to work together to provide students with the tools and support they need to reach their full academic potential and goals.



We are coming to the end of the peak Cambridge exam sales season in July and **have so far delivered 39,466 exams from 1063 preparation centres affiliated to The Anglo IE&CA.**



As we continue to grow and expand our network of preparation centres, we will remain committed to our core values of excellence, quality and dedication to education as well as high-quality customer service. Together, we will continue to develop future leaders and open up new opportunities for educational success.



Stay tuned for more exciting news and updates in the near future!



"RECLAIMING AND REVALUING OF ANCESTRAL PRACTICES AND KNOWLEDGE",

INTERNATIONAL DAY OF THE WORLD'S INDIGENOUS PEOPLES.

This day is celebrated every 9th of August and aims to recognise and value cultural diversity and the contributions that indigenous peoples have made and continue to make to humanity. According to the United Nations, this day is an opportunity to raise awareness of the importance of protecting the rights of indigenous peoples, promoting their participation in decision-making that affects them and ensuring their inclusion in all spheres of society.

This year, the theme of the International Day of the World's Indigenous Peoples is "Reclaiming and Revaluing Ancestral Knowledge and Practices", with the aim of highlighting the importance of preserving and promoting indigenous peoples' heritage practices and knowledge as a means to ensure their survival and well-being.

According to the Economic Commission for Latin America and the Caribbean (CEPAL), indigenous peoples represent a great diversity of cultures, languages and traditions that enrich the cultural identity and diversity of the countries in which they live. It is estimated that there are more than 476 million indigenous people in the world, belonging to more than 5,000 different groups in 90 countries.

In Mexico, for example, there are more than 68 indigenous peoples representing about 10 per cent of the country's total population. The National Institute of Indigenous Peoples (INPI) points out that these peoples have a great cultural and linguistic wealth that has been preserved over the centuries, and whose knowledge ranges from medicine and gastronomy to conservation techniques, forestry and microclimates.

However, despite their contribution to society and their cultural diversity, indigenous peoples still face significant challenges. According to Mexico's National Human Rights Commission (CNDH), these challenges include discrimination, social and economic exclusion, lack of access to basic services such as education and health, and the loss of their territories and natural resources.

UNESCO stresses that indigenous peoples have a unique understanding of the relationship between humans and the environment, as well as of the importance of conserving biodiversity and ecosystems. It also highlights that indigenous knowledge and practices can contribute to climate change mitigation and adaptation.

For this reason, the International Day of the World's Indigenous Peoples gives us space to reflect on the importance of protecting and promoting the rights of indigenous peoples, as well as to celebrate their diversity and their contributions to humanity.

This date becomes relevant in terms of recognising our cultural diversity and the contributions of indigenous peoples to humanity, as well as raising awareness of the importance of protecting their rights and ensuring their inclusion through the promotion and recognition of indigenous peoples' ancestral practices and knowledge that are fundamental to ensuring their survival and well-being.

These practices and knowledge have been passed down from generation to generation and are an invaluable legacy for humanity. For this reason, supporting and promoting their transmission to new generations becomes not only necessary but also valuable.



OUR FOUNDATION



It is important to stress that the preservation of indigenous peoples' rights is not only the responsibility of governments, but also of society as a whole.

Every individual can contribute to the promotion of and respect for the cultural and linguistic diversity of indigenous peoples through education, intercultural dialogue and recognition of their contributions to society.

Ultimately, the International Day of the World's Indigenous Peoples is an opportunity to recognise the importance of protecting and promoting the rights and cultural diversity of indigenous peoples, as well as to value and preserve their ancestral practices and knowledge as part of the cultural heritage of humankind.

<https://www.un.org/es/observances/world-youth-skills-day>
<https://www.cndh.org.mx/noticia/dia-mundial-de-las-habilidades-de-la-juventud#:~:text=El%2018%20de%20diciembre%20de,de%20la%20juventud%20%5B1%5D>.

*i*Celebrating 80 years of strengthening ties between Mexico and the UK through the arts!

We present you a sneak-peak of the cultural activities we have programmed for this important celebration:

Staccato coro universitario

The Staccato Coro Universitario Estudiantil, considered one of the leading choral ensembles in the country, will present a programme specially designed for The Anglo Mexican Foundation, with a repertoire that includes compositions from the British choral tradition.

Award-winning Lithuanian pianist Rokas Valuntonis, a member of the City Music Foundation Artist Programme, will perform at the 51st Festival Internacional Cervantino in Guanajuato and at the iconic Palacio de Bellas Artes as part of the Anglo Arts cultural programme.

The jazz musician Roberto Aymes and his Jazz Trio will perform with a unique setlist designed for the Foundation, inspired by the most representative pieces of British jazz, as well as arrangements of iconic British pop compositions by The Beatles, Sting, Freddy Mercury, among others.



Want to know more?

Follow us on our social networks

[@AngloArts](#)

SALA MANUEL M. PONCE - PALACIO DE BELLAS ARTES





4

MOVIE CLUB

Billy Elliot

At the Anglo Arts Centre

4:00 PM



4

LEARNER'S PROGRAM*

By The Anglo

At the Anglo Arts Centre

7:00 pm



8

BOARD GAMES GATHERINGS

At The Anglo Library

5:00 PM



11

MOVIE CLUB

I, Tonya

At the Anglo Arts Centre

4:00 PM



11

LEARNER'S PROGRAM*

By The Anglo

At the Anglo Arts Centre

7:00 pm



12

SOCIEDAD TOLKIENDILI DE MÉXICO

Estructuras narrativas de el Señor de los Anillos. Frente a la Puerta Negra.



4:30 PM



14

MAGIC, THE GATHERING

At the Anglo Library

5:30 PM



18

MOVIE CLUB

Chariots of Fire

At the Anglo Arts Centre

4:00 PM



18

LEARNER'S PROGRAM*

By The Anglo

At the Anglo Arts Centre

7:00 pm



19

PRESENTACIÓN CON DECOMIXADO PUBLISHING HOUSE

Koatl: el defensor #1 by Yair Artz

At the Anglo Library

12:00 pm



25

MOVIE CLUB

The Swimmers

At the Anglo Arts Centre

4:00 PM



25

LEARNER'S PROGRAM*

By The Anglo

At the Anglo Arts Centre

7:00 pm



28

MAGIC, THE GATHERING

At the Anglo Library

5:30 PM



31

BOOK CLUB: COMICS & GRAPHIC NOVELS

Sweet Tooth by Jeff Lemire

At the Anglo Library



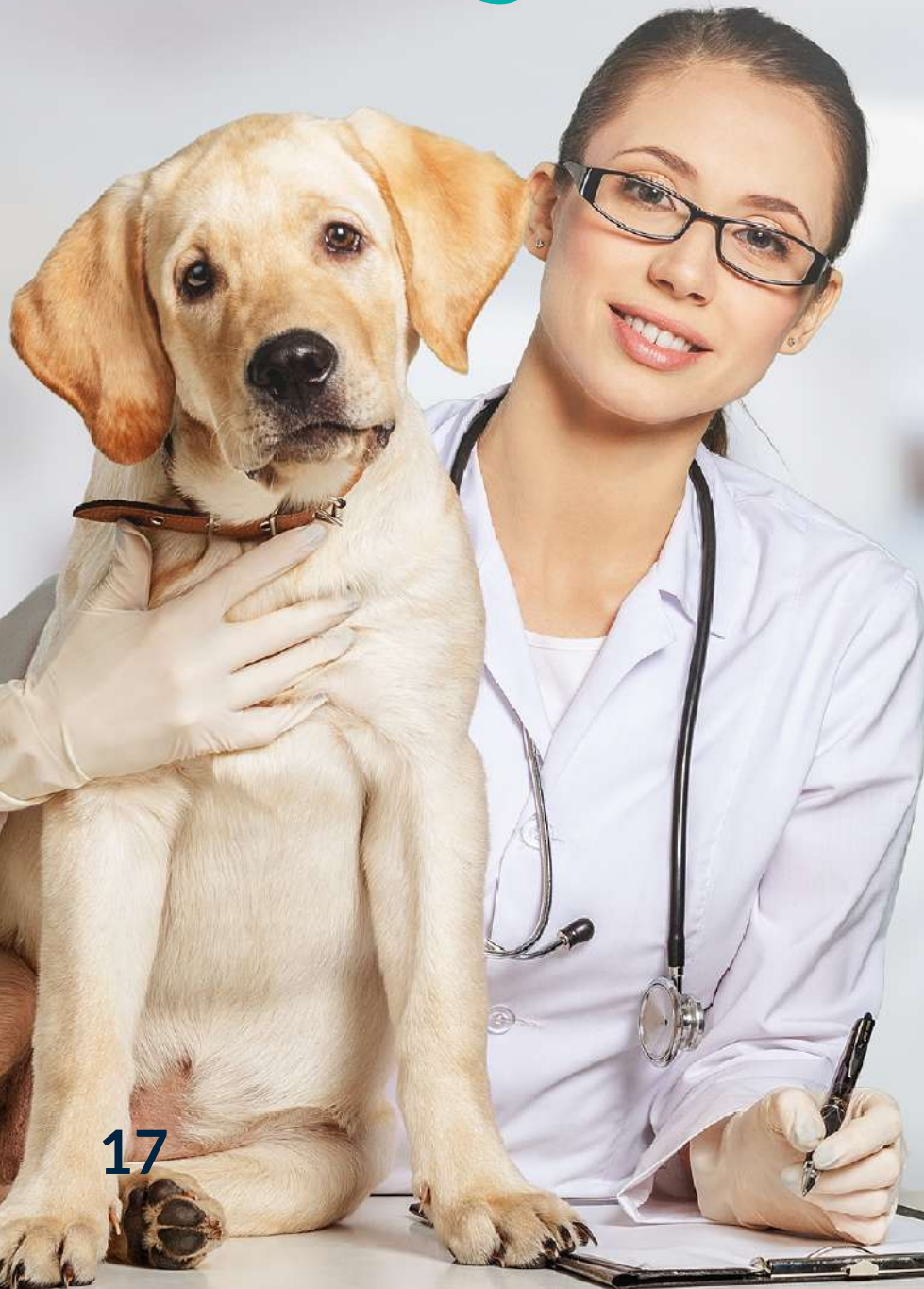
6:00 PM



The Anglo Mexican
Foundation[®]



Veterinarians' Day



17
August



International Day
of the

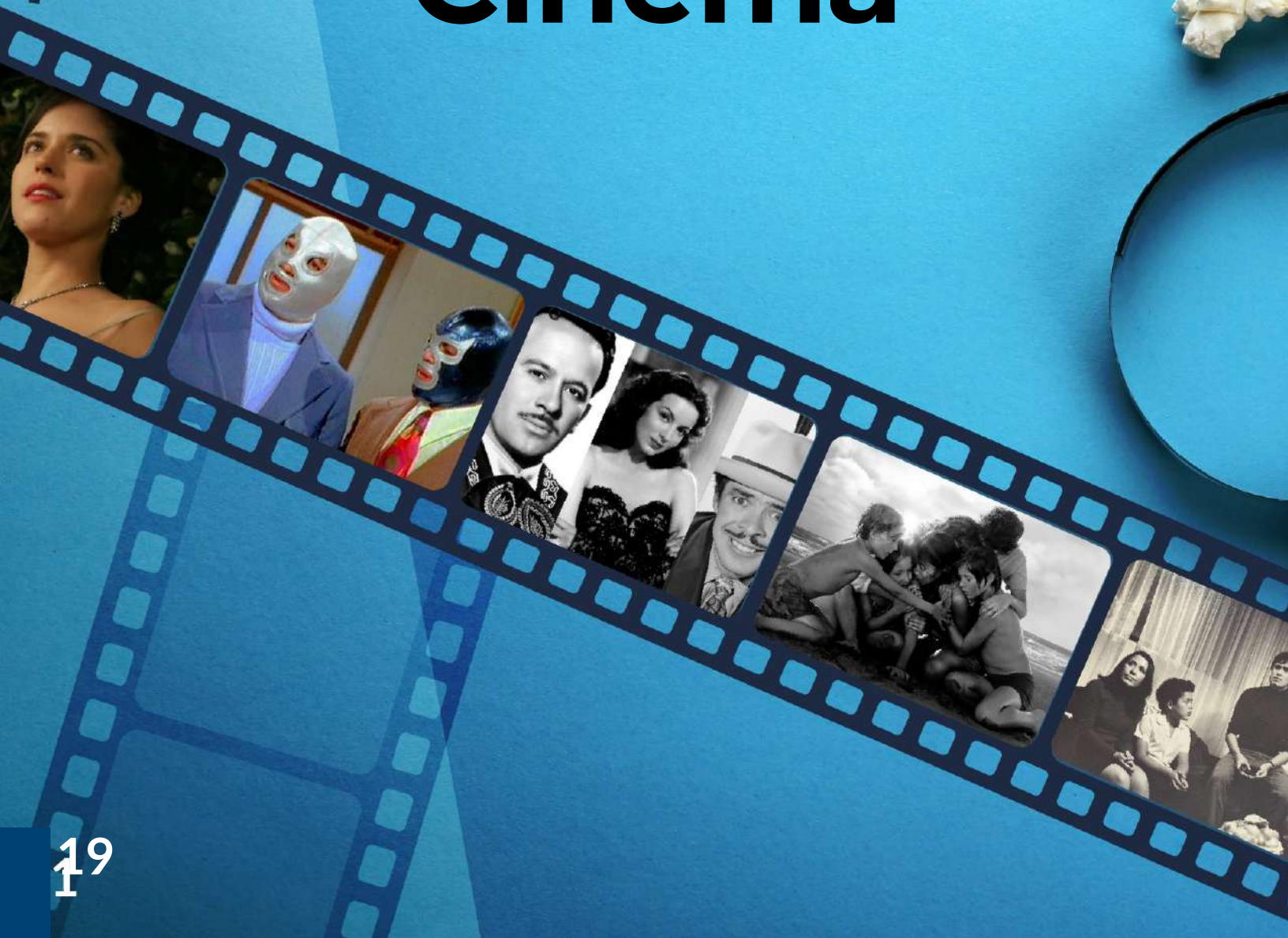


World's Indigenous Peoples 9th August





15th August
National Day of
Mexican
Cinema



WE'RE HIRING! ENGLISH TEACHERS

Requirements:

- English level: C2 (CEFR) certified or willing to take a level placement exam.
- Both, native and non-native speakers.
- One of the following certifications in ELT methodology:
TTC, TDC, CELTA, ICELT, BA in ELT or a verifiable course lasting at least 140 hrs.

Send your CV to talento@theanglo.mx

EJECUTIVOS DE ATENCIÓN A ALUMNOS

Requisitos:

- Completed degree.
- Minimum experience of 1 year providing attention and follow-up to students, via phone or face-to-face.
- Available to work at our Antonio Caso branch.

Send your CV to : talento@theanglo.mx



Stress or Burnout Syndrome?

Burnout syndrome occurs when we experience an overload of work and manifests itself in the form of different symptoms such as:



- Indifferent or negative attitude
 - Social withdrawal
 - Difficulty concentrating
 - Frequent illness or chronic pain
 - Changes in sleep patterns
 - Appetite and weight changes
 - Feelings of hopelessness or helplessness
 - Inappropriate use of alcohol and/or medication
- Symptoms are our body's responses that tell us that we need to rest.

When someone is overworked beyond their capabilities, the body responds with stress and if we are in this state for too long, mental and physical exhaustion sets in.

What can we do if we identify it?

- Seek help from a psychologist.
- Share your feelings with family and friends.
- Find relaxing activities for your daily routine



When you feel anxious you can ...

- Take a walk
- Breathe deeply.
- Drink water.
- Listen to music you like.
- Concentrate on the present.
- Find a positive distraction.
- Share with friends or family how you feel.
- Seek professional help from a psychologist.



Remember that mental health is as important as physical health. Don't overlook it.



Combating mobbing!



It is essential to create an organisational culture based on respect, tolerance and empathy, where mobbing has no place. It is the responsibility of all colleagues and leaders to work together to promote real change, encourage reporting, protect victims and create working environments where respect and dignity prevail.



What is Mobbing in the workplace?

Mobbing, also known as workplace bullying, refers to the psychological violence and systematic harassment experienced by some workers in the workplace.

Identify the signs of Mobbing in your work environment:

Signs of Mobbing	Description
Social isolation	The bullied person is deliberately excluded from social activities and avoided in conversations and events.
Excessive and constant criticism	The victim is subjected to disproportionate and constant criticism of their work, skills or appearance.
Insults and humiliation	Insults, taunts and humiliating comments are used to belittle and degrade the person being harassed.

Rumours and defamation

False rumours or defamatory information about the victim are spread to undermine the victim's reputation and isolate the victim.

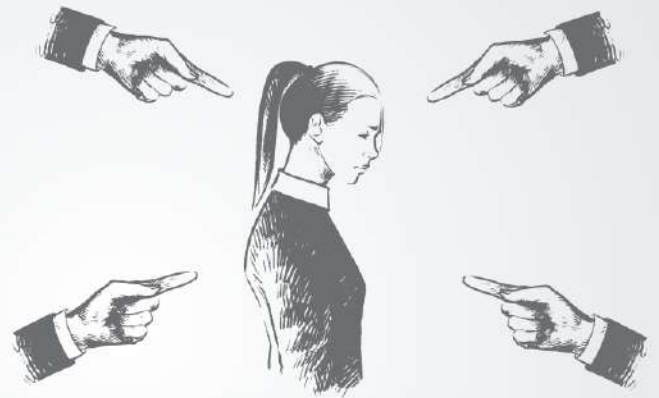
Manipulation and sabotage

Situations are manipulated and the work of the person being harassed is sabotaged through impossible tasks or constant changes.

Behavioural changes

The person being bullied may experience mood swings, anxiety, sleep problems and other symptoms.

Consequences of Mobbing



1. Chronic stress: Generates a constant level of stress in the victim, which can negatively affect overall well-being and quality of life.

2. Mental health problems: People who experience mobbing are more likely to develop mental health problems such as depression, anxiety and post-traumatic stress disorder and can lose self-esteem and self-confidence.

3. Affecting work performance: The anxiety, fear and distraction caused by bullying can make it difficult to concentrate, make decisions and be productive at work.

4. Social isolation and interpersonal relationship problems: It can lead to difficulties in establishing healthy relationships at work.

5. Impact on personal life: Constant worry, stress and emotional strain can influence family relationships, quality of sleep, physical health and general well-being outside of work.

6. Loss of confidence in the work environment: It can lead to a feeling of insecurity and mistrust towards co-workers, superiors and the organisation itself. This can have long-term consequences, as the bullied person may find it difficult to trust in future work environments.



Strategies for leaders

Foster a culture of respect and tolerance.

Establish anti-harassment policies and protocols.

Conduct training on harassment and its effects.

Establish confidential channels of communication.

Take action on allegations of mobbing.

Provide support and resources to victims of bullying.

Promote conflict resolution.



Strategies for colleagues

Seek emotional support and have a support network.

Document incidents and collect evidence.

Communicate assertively and express feelings.

Know and understand labour rights.

Seek legal or human resources support.

Encourage solidarity.

Encourage collaboration between colleagues.



ORIENTA
Te orienta



Nuestros **profesionales**
están para
brindarte
apoyo ❤️

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📞 telefónica 🖱️ online 📺 videoasesoría *

*La videoasesoría está disponible para las especialidades emocional, médica, nutricional y veterinaria y se define con el asesor durante la asesoría telefónica.

Para poder contar con el servicio Bilingüe es muy importante generar cita.

¡Es un servicio **gratuito y confidencial** para ti y tu familia!

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AUGUST Birthdays



02
MARÍA DE LOS ÁNGELES FARFAN ORTIZ
The Anglo



02
BEATRIZ ALEJANDRA GONZALEZ HERNANDEZ
The Churchill School



02
GABRIELA SANDOVAL SANCHEZ
Talento Humano



02
ROSAURA VIDAL TAMAYO RAMIREZ
The Anglo



03
LIDIA MARIA CRUZ ORTIZ
The Churchill School



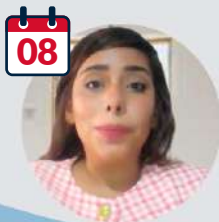
03
JOSE EDUARDO GARCIA SARABIA
The Anglo



03
EMMANUEL ESTEBAN VENCES AMEZCUA
The Anglo



05
KENNETH PATRICK LANDES
The Anglo



08
ELISA OLIVA DEL RAZO
Tecnologías de la Información



09
NESTOR CAMACHO SUAREZ
Commercial & Development



09
NALLELI ITZEL NAVA GUTIERREZ
The Churchill School



10
YANDERI ORTEGA CONTRERAS
Commercial & Development



11
MARIA ELISA MALDONADO ROMERO
The Anglo



11
ALEJANDRO ROSALES SERRATO
The Anglo



12
DIANA LUCERO OROZCO FLORES
The Churchill School



13
MARYELLEN CAROL MUELLER
The Anglo



14
PALOMA LABASTIDA CHAVIRA
The Anglo



15
EDUARDO FERNANDO DELGADO PINTOR
The Anglo



15
RUAN HENDRIK HENN
The Churchill School



16
KARINA VIRIDIANA FRANCO DE ITURBIDE
Finanzas



18
SILVIA ISABEL MORA ALCANTARA
Commercial & Development



19
SAUL IVAN LOPEZ ARZATE
The Churchill School



19
ROSA IRENE MORAN VILLASANA
The Anglo



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NAYELI HERRERA GARCIA
The Anglo Assessment



22
GUILLERMO JACOBO GARCIA MARQUEZ
The Anglo Assessment



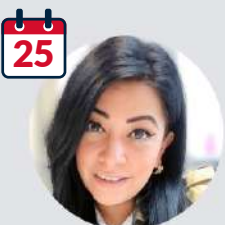
22
TIMOTHY DAVID WORTHINGTON
The Churchill School



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ALEJANDRA VALERIO LOPEZ
Commercial & Development



24
RAMON SABAS VARGAS SANCHEZ
The Anglo



25
CYNTHIA MARIANA DUEÑAS MONTEL
Commercial & Development



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MARIO RODOLFO SAUCEDO MALDONADO
The Anglo



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MARTHA GRACIELA TORRES AGUILAR
The Churchill School



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ERIKA SUSANA ZEPEDA PEREZ
The Anglo



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SIMON HEDLEY BREWSTER
Dirección General



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IVETT ALEJANDRA CUEVAS CELIS
The Churchill School



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LUCERO ESPIDIO QUIROZ
The Anglo



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GABY ROSSANA GONZALES FUKAZAWA
The Anglo



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VICTOR ADRIAN HERNANDEZ OCAMPO
The Anglo



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JANETTE VEGA RODRIGUEZ
The Anglo



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PABLO HERNANDEZ NIÑO
Tecnologías de la Información



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BENITO CASTRO PEREZ
Cultura e Impacto Social



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ANA KAREN GARCIA RENTERIA
Anglo Institute of Education



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ROSA MARIA ZAPATA TORRES
Commercial & Development



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PEDRO BECERRIL LOPEZ
The Anglo



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LUCIA LOPEZ HERNANDEZ
The Anglo



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JESUS MARTINEZ CANCINO
The Anglo



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ALMA VICTORIA OSORNIO MARQUEZ
The Anglo



**The Anglo Mexican
Foundation[®]**