

NEWSLETTER NOVEMBER EDITION



C O N T E N T S

DAY OF THE DEAD Mixquic, a place to commemorate the deceased
TAF CELEBRATIONS Celebration for October birthday boys and girls November Events Happy Birthday! - Birthdays TAF November
TAF RECOGNITIONS 08 Top-selling specialists Internal promotions
TAF COMMUNITY New revenues Meet the Infrastructure and General Services Team
THE ANGLO FOUNDATION Niall Lloyd tells us a childhood memory Information Technology Team Building
THE ANGLO ARTS & CULTURE TAF's participation in English Culture Festival 2024 Sound Visions Festival celebrates its 20th edition World Schools Debate Championship 2024
THE ANGLO PROFESSIONAL Promoting tolerance and respect for diversity LEAI: BA in English Language Teaching and Learning Prevention: a fundamental concept
THE ANGLO ASSESSMENT Recognition of excellence Assessment Literary Calaverita
TAF ENTERTAINMENT Solve trivia and win a TAF giveaway
TAF WELFARE Emotional intelligence Financial tips
ACKNOWLEDGEMENTS Participants November edition 36



Mikquic an unmissable place for commemorating the dead



The Day of the Dead in San Andrés Mixquic is famous for its emblematic 'Alumbrada', an event in which hundreds of people congregate at the town's cemetery to pay homage to their deceased loved ones.

San Andrés Mixquic, located in the municipality of Tláhuac, south of Mexico City, is known for its vibrant ofrendas and is considered one of the most representative destinations in central Mexico during the first days of November.



Amidst tombs adorned with flowers and candles, entire families spend the night in the cemetery to welcome those who have departed this world and who, once a year, return to accompany them during the Day of the Dead. Many are surprised by the warm light of the 'Alumbrada'; however, the arrival of the souls begins many hours before..

The welcome

Despite urbanisation, Mixquic is a village that strives to preserve its traditions. According to the inhabitants, the first spirits to arrive are the children. Nowadays, many people take to the streets at noon on 31 October, calling out the

names of the deceased children in their families, to help them find their way back. At the entrance of the houses, cempasúchil petals guide the way to the ofrendas, accompanied by candles, which are a must on any altar.

The deceased children stay for a whole day enjoying the delicacies on offer and the company of their loved ones. At noon, they say goodbye, and in their place come the older deceased, who remain until noon on 2 November. It is then that the farewell is moved to the cemetery of San Andrés Mixquic.



La Alumbrada de Mixquic

Although the Mixquic cemetery is not particularly large,

it has the capacity to accommodate hundreds of people who come to visit their deceased. Boys, girls and elderly people gather around the tombstones and decorate them with flowers.

There is laughter, tears, hugs and goodbyes. It is the fire in the candles that lights the way for the deceased to return to the afterlife.



TAF CELEBRATIONS







Antonio Caso



Miguel Schultz



11/3

Satélite





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w

Day of the Dead November 2nd



Postman's Day
November 12nd



Day of the Mexican Revolution

November 20th



International Day for the Elimination of Violence against

November 25th

NOVEMBER



Happy Birthday!



CARLOS AVILA LOPEZ The Anglo Foundation



DANIEL LOPEZ
GARCIA
The Anglo Academy



HECTOR ARTURO MARQUEZ LOPEZ The Anglo Foundation



HECTOR MANUEL
SILVA LOPEZ
The Anglo Churchill School



MIGUEL ANGEL GONZALEZ FUENTES TAF



MONICA ANAID RAMIREZ AGUILAR The Anglo Academy



BLANCA ERIKA
SALDAÑA GONZALEZ
The Anglo Churchill School



DE LA CRUZ
The Anglo Academy



PEREZ ROSAS
The Anglo Academy



LENKA PAOLA
PEÑA RIVERA
The Anglo Academy



MARIBEL VAZQUEZ
ORTIZ
The Anglo Academy



MARIO VELAZQUEZ MACIAS The Anglo Professional



MITZY RENATA
ALCANTARA AGUILERA
The Anglo Foundation



JAVIER JIMENEZ
HERNANDEZ
The Anglo Churchill School



MARIA ELENA MUNGUIA SERENO The Anglo Academy



CYNTHIA LOPEZ
JIMENEZ
The Anglo Foundation



JOSE DAVID
CHICA RAMIREZ
The Anglo Academy



AARON ARGENIS SORIANO TORRES The Anglo Foundation



JORGE EDUARDO FRANCO HIDALGO The Anglo Academy



JUSTIN LAURENCE
CARTER
The Churchill College



ROBERTO MIRANDA HERNANDEZ The Anglo Academy



NADIN REYES
MALDONADO
The Anglo Churchill School



ANA MARGARITA
TRUJILLO RAMIREZ
The Anglo Churchill School



JENNIFER OROZCO
CORTES
The Anglo Churchill School



LORENA ROMERO DIB The Churchill School



JIMENA LARA
ESTRADA
The Anglo Arts & Culture



ALEJANDRA
PEREZ LOPEZ
The Anglo Foundation



LUIS JAVIER AGUILAR VEGA The Anglo Foundation



MARIA EUGENIA
CASTELAN CARMONA
The Churchill School



THOMAS CHRISTOPHER
REDWOOD
The Churchill College



ANDREA RENEE
LEON SANTOS BURGOA
The Churchill School



ANA CAROLINA
DIAZ MOHRSTEDT
The Anglo Churchill School



CAROLA GARCIA
ARSLAN
The Anglo Churchill School



MARIA GUADALUPE PEÑALOZA ORIBIO The Churchill School



JAFET MURRIETA BARRIOS The Anglo Churchill College



VERONICA MONTES DE OCA FERNANDEZ The Anglo Academy



JOSE LUIS
PEREZ REYES
The Anglo Churchill College



PAULINA TREVIÑO PRADO The Anglo Foundation



MIRIAM ERENDIRA BRAVO RODRIGUEZ The Anglo Academy







Congratulations to our best-selling specialists!

At The Anglo Foundation we recognise the commitment of our sales force at BU The Anglo Academy, and we would like to acknowledge their dedication, effort and excellent results in their daily work, which are reflected today in this recognition.

We are pleased to announce the 5 specialists of the Anglocentros who achieved the highest sales in September.



Thanks to their hard work, commitment to excellence and focus on customer satisfaction, they have been able to achieve their goals in an outstanding manner.

Internal Promotions

Congratulations to our employee who was promoted internally.

Their dedication, effort and commitment to TAF has been recognised.



May this promotion be just the beginning of great achievements at the Foundation.

TAF COMMUNITY

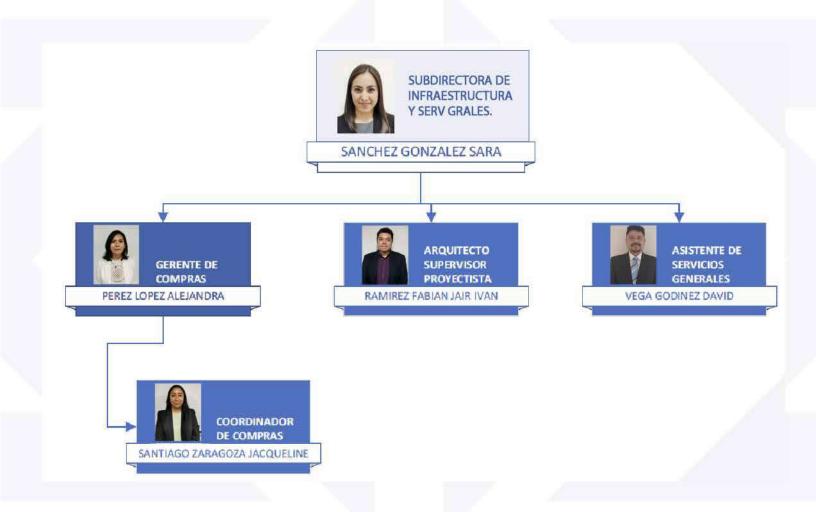
New revenues Welcome to TAF!



Position: Customer Relations Specialist Reports to: Juan Manuel Rojas Escamilla

TAF COMMUNITY

Meet the Infrastructure team and General Services





Niall Lloyd:

Childhood 'Parkin' Memories

Cold evenings in late autumn or early winter were symbolic of life in the UK as a child. Being wrapped up and being outside, playing was a foregone conclusion. Numb fingertips and often wet feet were just slight annoyances that you got on with.

In the North of England, the harshness of the cold was a shade more impolite than it might have been further South. Thankfully, the incoming cold temperatures, cold winds and prolonged periods of mistiness were somewhat abated by the annual appearance of an old friend, Parkin. I have always found it strange that Parkin only appeared at this time of the year (around Halloween and Bonfire Night). How can something so tasty be available for such a short period of time? You just got used to its taste and then it was gone again...

If I remember correctly, it was available from Halloween, where you may or may not have ventured out into the cold, often frozen evening, 'trick or treating', dressed up as monsters and ghouls, knocking on doors and shouting Trick or treat!!!!



The often-bemused folk that opened doors were supposed to give you sweets or you would play a trick on them. More often than not, we would get chased away by upset parents scattering us into the darkness of the night. Looking back on this, it was just an adaption of something American that we did to keep warm on an often-chilly eve

So back to Parkin. Bonfire night. The 5th of November. Guy Fawkes Night or Bonfire night as it was better known. So, down to the local Rugby club we would go, where there would be crowds of people huddled together, trying to keep warm (a common theme!), and a massive bonfire, often in the carpark (so as not to spoil the pitch I imagine). This would be accompanied by many fireworks and of course baked potatoes, baked beans and of course, Parkin to finish it all off! everything wrapped up warm in aluminium foil.

We would all be wrapped up in heavy jackets, scarves, gloves and woolly hats to celebrate what? The burning of an effigy on a huge fire. We never knew why. Were we celebrating the fact that Guy, the ringleader of persecuted Catholics hundreds of years

ago, plotting to blow up the Houses of Parliament and the protestant king, had been found just in time? By the way, he was later killed and dismembered, to be displayed in all four corners of the land so that no-one would dare carry out this treacherous act again. Alternatively, were we celebrating the fact that he had gone against the system, dared to be different. Was he in fact our hero? No one ever seemed to know. No one ever seemed to care. As long as the hot food and delicious Parkin kept coming.

Then we had to wait another year until Parkin was even mentioned again!

Parkin is a traditional ginger cake from Yorkshire, typically flavoured with syrupy molasses, oatmeal and warm spices. Recipe is in link below:

https://www.bbcgoodfood.com/recipes/parkin





Team Building

Information Technology

Last month, a Team Building activity led by Yazmin Parra from the Human Resources team was held for the IT team at Miguel Schultz's premises.

The objective of this session was to strengthen interpersonal skills, collaboration, assertive communication and leadership through games and dynamics that promoted greater team integration.





We are convinced that this activity will have a positive impact, as we have laid the necessary foundations for building trusting relationships and fostering effective teamwork. Each participant learnt in a constructive way, engaging with TAF and the IT team..

Thank you IT team!





TAF At the Cultura Inglesa Festival 2024

This year, The Anglo Arts & Culture was part of the 27th Cultura Inglesa Festival (CIF), an event celebrating 90 years of cultural exchange between Brazil and the United Kingdom.

On this occasion, the festival's theme was "ACTION! Ação!", a call for both individual and collective action, highlighting diversity, sustainability, and new creative trends. For nearly three decades, the CIF has been a key platform for culture, integrating decolonial reflections and valuing personal expressions.

Rosa María Meza, Manager of The Anglo Arts

& Culture, participated in the International Collaboration panel, sharing experiences and insights alongside artists and curators.

The discussion was an opportunity to exchange knowledge and explore new ways to strengthen networks and collaborations.





With the participation of ROSA MARIA MEZA MANAGER OF THE ANGLO ARTS & CULTURE - MÉXICO

18H - 19H30

COLABOQAÇÃO INTEQNACIONAL

COM

FERNANDO ZUGNO FESTIVAL PORTO ALEGRE EM CENA

FELIPE ASSIS FESTIVAL INTERNACIONAL DE ARTES CÊNICAS DA BAHIA

CATALINA LESCANO ARTISTA, GESTORA E CURADORA EM LA INFINITA - ARGENTINA ROSA MARIA MEZA GERENTE DE THE ANGLO ARTS & CULTURE - MÉXICO

GEMMA PAINTIN ACTION HERO - REINO UNIDO

JAMES STENHOUSE ACTION HERO - REINO UNIDO

*Este évento incluirá interpretação simultânea inglês-português

MEDIAÇÃO ——
NATALIA MALLO
CURADORA CULTURA INGLESA FESTIVAL



Sound visions celebrates i'ts 20th edition

Resonancias: Programa Internacional de Profesionalización y Creación Sonora

The Anglo Foundation - CMMAS







As part of its 20th edition, the Festival Visiones Sonoras launched "Resonancias: International Program for Sound Creation and Professional Development," a joint effort between The Anglo Arts & Culture and the Centro Mexicano para la Música y Artes Sonoras (CMMAS). Continuing the legacy of the "Prácticas de Vuelo" project, this program aims to nurture and elevate young composers of electroacoustic music in Mexico, maintaining a tradition of excellence in developing new creative talent.



"Resonancias" will support 15 composers living in Mexico, who will participate in a two-year programme divided into two key phases: the creation of an acousmatic piece and a mixed piece for up to three instruments. The selected composers will work under the mentorship of prominent tutors from Mexico and the United Kingdom, with their works being presented at Visiones Sonoras 2025 and 2026, as well as at the Anglo Arts Centre.



The call for applications is now open and will remain available until January 24, 2025, offering a unique opportunity for young composers to refine their skills and advance their professional careers. This program highlights the commitment of both CMMAS and The Anglo Foundation to artistic creation and the professional development of emerging talents in the field of electroacoustic music. Furthermore, it marks an important milestone, ensuring the continuity of innovative musical exploration and professional growth in Mexico.

Additionally, this year's edition of the festival saw The Anglo Arts & Culture supporting the participation of renowned British artists such as Jessica Mardon, Rob Mackay, Adam Stanovic, and Leigh Landy. These international musicians enriched the festival's programme, bringing a diverse and contemporary perspective to an event that stands out as a platform for global artistic collaboration.



World Schools Debate

Championship 2024



















The World Schools Debate Championship (WSDC) is a prestigious international debating competition that brings together students from around the world, offering a unique opportunity for the academic and personal development of young people. In the 2024 edition, 68 countries participated, and the event was held in Belgrade, Serbia. Competitors included teams from Canada, the United States, Hong Kong, England, China, Singapore, Malaysia, Vietnam and Mexico.

CEach country selects five young people through its national debating committee. The Mexican team included three talented students who are or have been part of The Churchill College. The Anglo Foundation provided financial support to

cover their registration to this prestigious international forum, allowing them to demonstrate their outstanding skills.

Before the start of the WSDC, the Mexican team made a stop in Prague, Czech Republic, to participate in the Prague Debate Spring (PDS), a tournament where they had the opportunity to meet some of their future rivals and fine-tune their strategies. This pre-tournament is organised every year as part of the WSDC and usually takes place in a country close to the world championship venue.

The topics covered in the WSDC covered a wide range of disciplines, including international relations, economics, philosophy, morality and ethics. Each debate was divided into two parts: the first

was based on a topic announced a month before the competition, allowing teams to research, prepare their arguments and develop strategies for both the proposition and the opposition. The second part focused on a topic revealed one hour before the debate. In this phase, participants had no access to the internet or other sources of information, having only pencil, paper and a stopwatch to structure their ideas. Therefore, preparation for the contest was essential. As the competition teams were ranked progressed, eliminated in a format similar to that of a football World Cup.

The Mexican team worked for 11 months to achieve an outstanding participation, it was essential to be aware of the most relevant global events and to develop well-informed discussion strategies. Mexico reached 27th place in the overall ranking, and one of its members was awarded two individual prizes: the Best Speaker Award at both PDS 2024 and WSDC 2024.



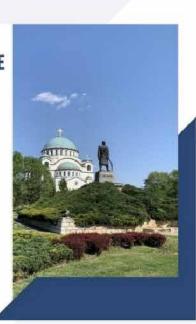
Look out for more information in our next edition...













Promote tolerance and respect

for diversity



The 16th of November marks the International Day for Tolerance, a valuable occasion to reflect on the importance of promoting tolerance and respect for diversity in all its forms. Established by the United Nations General Assembly in 1996, the Day aims primarily to promote mutual understanding between cultures and individuals, as well as to strengthen social cohesion and world peace.

Tolerance is a fundamental pillar in building peaceful, inclusive and democratic societies. It implies acceptance and respect for individual and group differences, without

resorting to discrimination or violence. To promote a culture of tolerance, it is essential to foster education in values from an early age, to encourage intercultural dialogue and to ensure equal opportunities for all.

In Mexico, we fully share this vision and understand that our differences enrich and strengthen us as a society. By coming together and working in harmony, we can achieve greater goals.



In short, the International Day for Tolerance urges us to reflect on the importance of building inclusive and respectful societies, where all people can live together in harmony, regardless of their differences. Promoting tolerance is essential to building a more just and peaceful world for all. Tolerance, as a peace-promoting virtue, helps to replace the culture of war with a culture of peace.





LEAT:

Bachelor of Arts in Teaching and English Language Learning:

An Opportunity for Global Impact

In an increasingly interconnected world, proficiency in English has become an indispensable skill both for global communication and for access to a vast array of professional and academic opportunities. The **Bachelor of Arts in English Language Teaching** and Learning that we offer at our institution is distinguished by its comprehensive approach to training highly qualified professionals to meet the current challenges of education and the teaching of English as a foreign language. Our programme is designed to develop solid pedagogical competencies as well advanced language skills, preparing graduates not only as language experts, but also as innovators in the field of education.

The Bachelor's curriculum is based on three fundamental pillars: English language teaching methodology, inclusion and educational technology. Our students learn not only how to teach English, but also how to use technological tools to create inclusive, dynamic and engaging learning environments. We also have specialised subjects that address cultural differences and sociolinguistic contexts,



One of the key strengths of our degree is its flexibility, as it is taught online, allowing students to access quality education from anywhere in the world, at their own pace. This opens the door to an inclusive and accessible education, where the diversity of our students enriches the teaching-learning process, fostering a global academic community.

Our graduates have the necessary tools to work successfully in a wide range of contexts, from teaching in public and public schools to the creation of educational programmes in companies or international institutions. In addition, the degree they obtain is backed by a cutting-edge methodological approach, which ensures up-to-date training aligned with global standards.

We invite those interested in becoming part of this academic community to join our programme and contribute to the positive impact on the education of thousands of students around the world. The Bachelor of Arts in English Language Teaching and Learning is not just a career, it is a vocation and an opportunity to transform lives through teaching.





Prevention:

a fundamental concept

Prevention refers to proactive measures and strategies designed to avoid the emergence of negative or conflictual situations. Prevention involves the early identification of potential challenges and the implementation of educational, social and policy interventions to address these issues before they become serious problems.

Prevention involves creating accessible and welcoming environments for all people, regardless of their ethnicity, gender, sexual orientation, disability or other differences. This not only encourages the participation of all individuals, but also promotes a sense of belonging and mutual respect in the community.







Prevention is essential to building just and equitable societies and institutions. Taking proactive steps to address challenges before they become major problems creates an environment where all people, regardless of their differences, can participate fully and live lives free from violence and discrimination.

Prepared by: Alliance for Inclusion and Diversity, The Anglo Professional





Recognition of excellence:

Our Community Engagement receives the IELTS IDP Seal of Approval

It is with great pride that we announce that The Anglo Assessment has received the Excellence in Community Engagement award from IELTS IDP, a world leader in English language proficiency testing. This award is a testament to our tireless efforts to promote quality education and community engagement.

Recognition



IELTS IDP, renowned for its rigour and excellence in the multi-level assessment of language skills, has awarded this recognition to The Anglo Assessment in appreciation of our ongoing efforts in:

- Promote the acquisition of high-quality international assessments for all members of the community.
- Promote transparency in logistical and operational planning, ensuring inclusiveness and diversity.
- Establish strategic alliances with community organisations to maximise our social impact.

Our Commitment:

- To provide opportunities for growth and development for all members of the community.
- Promote an inclusive and respectful environment that values diversity.
- Work closely with local organisations to address community challenges.
- Maintain high international standards and follow appropriate protocols to ensure optimal service delivery in IELTS multi-level testing.

Next Steps:

- Innovate our community programmes.
- Expand our strategic partnerships to enhance our impact.
- Continue to recognise the achievements of our community.

The IELTS IDP Excellence in Community Engagement award is a testament to our Foundation's leadership in education and social responsibility. We are proud of our legacy and are committed to continue working towards a more inclusive, respectful and prosperous community for all.

A significant achievement, thanks to the whole team at The Anglo Assessment!





Assessment Literary Calaverita

At The Anglo Assessment, it's all about to begin, nervous students do not stop studying, with pencil in hand and mind awake, are facing tests in the right way.

Attentive supervisors keep a watchful eye,
every detail is noted, nothing is left out.
Logistics flows with total precision,
not a single test is missed, everything is in order.

The calacas hover, but do not fret,
know that at The Anglo Assessment,
success is always tightening,
This place is full of emotion,
because certification is a tradition here.

With exams ready and an ideal environment, students prepare for the international.

The skulls smile and start dancing,

The Anglo Assessment is all about winning!











Answer the Trivia quiz and send your answers to comunicacioninterna@tamf.org.mx, if it is correct, you can win a TAF gift.

- 1.What is the name of our CEO?
- 2. What does the acronym LEAI stand for in The Anglo Professional?
- 3. What is the name of the curriculum-focused programme designed for students to develop their language skills and dramatic talents organised by Anglo Arts & Culture?
- a) Theatre Club
- b) Shakespeare Competition
- c) Championship Debate
- d) Talent The Anglo
- 4. Name 3 tools or programmes that are used at The Anglo Academy
- 5. What are some of the more recognised certifications that can be obtained through The Anglo Assessment?
- a) TOEFL y IELTS
- b) Cambridge English
- c) SAT y ACT
- d) GRE y GMAT
- 6. Who carries out the sandwich project?

Solving Sudoku (Newsletter October edition)

6	5	3	7	1	4	2	8	9
4	7	9	8	2	5	1	6	3
2	1	8	3	6	9	4	5	7
3	8	5	6	9	1	7	4	2
1	2	4	5	7	8	9	3	6
7	9	6	4	3	2	8	1	5
5	3	1	9	8	7	6	2	4
8	6	7	2	4	3	5	9	1
9	4	2	1	5	6	3	7	8

Winners

- ·Maria del Carmen Aguilera Pasaran
- ·Elisa Oliva del Razo
- · Jaqueline Ordaz Gutiérrez
- ·Pablo Iván Gómez Soto
- · Jose Roberto Lira González
- ·Angélica Anahí Arcos Pérez

Emotional Intelligence:

The Key to Personal and Professional Success

Emotional intelligence is the ability to recognise, understand and manage our own emotions, as well as the ability to recognise, understand and influence the emotions of others. This concept, popularised by psychologist Daniel Goleman in his book "Emotional Intelligence", has gained great relevance in the personal and professional sphere.

Key components:

- Self-awareness: Recognising and understanding one's own emotions.
- 2. Self-regulation: Ability to control impulses and manage stress.

Motivation: Channelling our emotions towards the achievement of goals. People with high EI tend to be motivated by internal factors, such as the desire to excel and commitment to their work.

- 4. Empathy: Crucial for establishing solid and effective relationships, both in the personal and professional environment.
- 5. Social skills: Managing effective communication, conflict resolution and collaboration.



Importance of El

- Improved relationships: communicating more effectively and resolving conflicts.
- Increased resilience: adapting better to change and recovering from failures.
- Improved leadership: motivating and inspiring others, as well as managing conflicts and tensions.
- Work performance: able to manage stress and work in teams.
- Personal well-being: Emotional intelligence contributes to general well-being by enabling people to manage their emotions and maintain emotional balance.



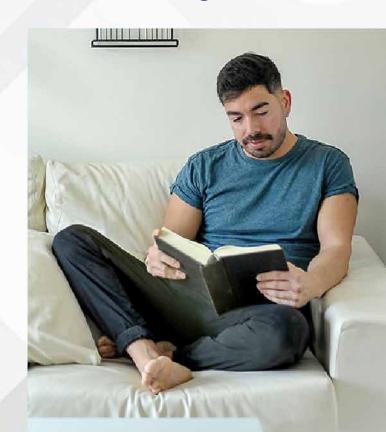
Tips for Developing Emotional Intelligence

1. Practice Self-Awareness:

- Keep an emotional journal where you record your feelings and reflections on situations that affect you.
- Take time for self-evaluation and personal reflection.

2. Develop Self-Regulation:

- Learn stress management techniques, sh as meditation or deep breathing.
- -Practice pausing before reacting emotionally in difficult situations.



Tips for Developing Emotional Intelligence

3. Foster Motivation:

- Set clear and achievable goals that motivate you to grow personally and professionally.
- Identify your passions and find ways to integrate them into your daily life.

4. Cultivate Empathy:

- Listen actively to others, paying attention not only to their words, but also to their body language and tone of voice.
- Try to see situations from the other person's perspective.

5. Improve your Social Skills:

- Practice assertive communication, expressing your thoughts and feelings clearly and respectfully.
- Participate in group activities or teamwork to improve your ability to collaborate.

6. Receive Feedback:

- Ask friends, family or colleagues for feedback on how you manage your emotions and relationships.
- -Use this feedback to identify areas for improvement.

7. Read and Learn:

- Research books and resources on emotional intelligence to delve deeper into the topic and learn new techniques.
- Attend workshops or courses that focus on developing emotional skills.



Emotional intelligence is an essential skill that can have a significant impact on all aspects of life. By investing time and effort in developing our EI, we can improve our relationships, enhance our well-being and achieve greater personal and professional success. Remember that, like any skill, emotional intelligence develops with practice and continuous reflection.





1. Create a personal budget

- Establishing a budget will help you know your income and expenses. Write down your monthly expenses and categorise them (rent, food, transportation, entertainment).



3. Use personal finance apps

- There are numerous apps that allow you to track your spending, set budgets and monitor your savings. Popular ones include Mint, YNAB and PocketGuard.



2. Automate your savings

-Set up automatic transfers from your checking account to a savings account. This will help you save without having to think about it.



4. Avoid impulse purchases

- Before making a purchase, ask yourself if you really need it. Wait 24 hours before making impulse buying decisions to avoid unnecessary spending.



5. Create an emergency fund

- Saving three to six months' worth of essential expenses will help you be prepared for unforeseen events.

6. Know your debts

- Make a list of your debts, including the amount, interest rate and repayment period. Prioritise repayment of debts with high interest rates to reduce the overall cost.



7. Research investment options

- Even small amounts can help you grow your wealth over the long term.



8. Read up on finance

- Spend time reading books, blogs or taking courses on personal finance. The more you know, the better financial decisions you can make.

These tips are a great way to start taking control of your finances without having to be an expert. Implementing some of these tips can help improve your financial situation. Remember that the key is consistency and making small changes that, over time, can have a big impact.



We would like to express our sincere thanks to the contributors below, whose contributions to this edition are of utmost importance for a thorough understanding of the operations of each business unit within the Foundation.

We are deeply grateful for their commitment, dedication and effort in making the publication of our newsletter a reality.



THE ANGLO ARTS & CULTURE

- -Gabriela Irastorza de Zatarain
- -Citlali Yahal Kab de Dios Hernández

THE ANGLO FOUNDATION

- -Diana Garcés Saldaña
- -Niall Lloyd
- -Yazmin Parra Espíndola
- -Cynthia López Jiménez

THE ANGLO ACADEMY

-Stephano Alexis Villafañe Matamoros



THE ANGLO PROFESSIONAL

- -Adriana Villanueva García
- -Berenice León Balcazar

THE ANGLO ASSESSMENT

-Karen Berenice González Ortega







