



MEZ TAL
WORLD STAFFING SOLUTIONS

MezTal helps you find exceptional talent and builds a connected community for mission-driven teams.

A message from MezTal CEO, Sarah Thomas:

As we begin July, I've been reflecting on the strength that comes from being part of a community like ours. It's always inspiring to see how, even in the face of challenges, we continue to come together with purpose, creativity, and care.

At MezTal, we don't stand still. We keep building, connecting, and growing—whether through our events, our partnerships, or the everyday efforts of our incredible team and network. It's a reminder that progress isn't just about big wins; it's also about consistency, collaboration, and showing up for one another.

Thank you for being part of this journey and for all the ways—big and small—you contribute to our shared success. Let's keep moving forward, together.

"Coming together is a beginning. Keeping together is progress. Working together is success."

– Henry Ford

Sincerely,

Sarah Thomas, MezTal, CEO & Partner

SThomas@MezTal.com



Culture: International Friendship Day

International Day of Friendship was designated by the United Nations General Assembly (U.N.). On July 30, we step back and get thankful for these relationships worldwide, as they promote and encourage peace, happiness, and unity. The U.N. encourages governments, community groups, and other organizations to coordinate activities and events that celebrate the friendships that we keep close to us.

INTERNATIONAL DAY OF FRIENDSHIP JULY 30



We live in a tough world. Between miscommunications, mistreatment, lack of trust, discrimination, and cultural discord, prioritizing peace seemingly has less of a presence in the global society. There really is no reason for the world not to exist in some harmonious form. We have the United Nations to thank for helping to remind us all that there is some good in this world. We were first introduced to International Day of Friendship in 2011; this special day goes beyond connecting people and builds bridges among cultures, countries, and even ideologies.

Friendship and connections are synonymous with bonding, and building those common bonds goes beyond sharing a trait, characteristic, or favorite pastime with another person or group, but also includes promoting a global commitment and understanding of diversity and inclusion. Even in our differences, we can find common ground.

Facts About The International Day Of Friendship That Will Blow Your Mind

1. Celebrating friendship started with Hallmark

When Hallmark introduced greeting cards to us in the 1930s, the idea of reaching out to someone to let them know that they crossed your mind or were worthy of a quick “hello” through the mail soon followed.

2. Being a better friend

Reflections are critical for growth, and growing a community that reflects who you want to be is so important — this is a great time to step back and reflect on those connections that already exist in your life.

3. New friends

All friendships start with a conversation — this is the perfect day to reconnect with old friends or open yourself to new connections.



Celebrating friendships through things as simple as a brief note, a coffee hang out, going to a concert, or taking a trip to the mall are all ways to find commonalities. Again, we have more in common than we all realize. And any idea that minimizes the amount of hatred and disdain spread throughout the world is the kind we want to be shared.

Visit the following link, to learn more about this topic:

Explore your benefits: Getaway with MezTal



The graphic features the Aloft Cancun logo at the top, followed by Spanish text about a special rate agreement. Below this is the MezTal logo. A central table titled 'Aloft Guest Room' shows pricing for two plans. At the bottom, there are reservation details, contact information, and a disclaimer.

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Aloft Guest Room

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SGL/DBL	SGL	DBL
\$89.47	\$94.73	\$100.00
\$31.57		\$36.84

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Summer is here, and MezTal has a special treat for you and your family!

Enjoy a relaxing stay at **ALOFT Cancun**, located in the heart of Cancun's hotel zone.

Take advantage of our **exclusive discounted rates** available throughout the year and make the most of your vacation.

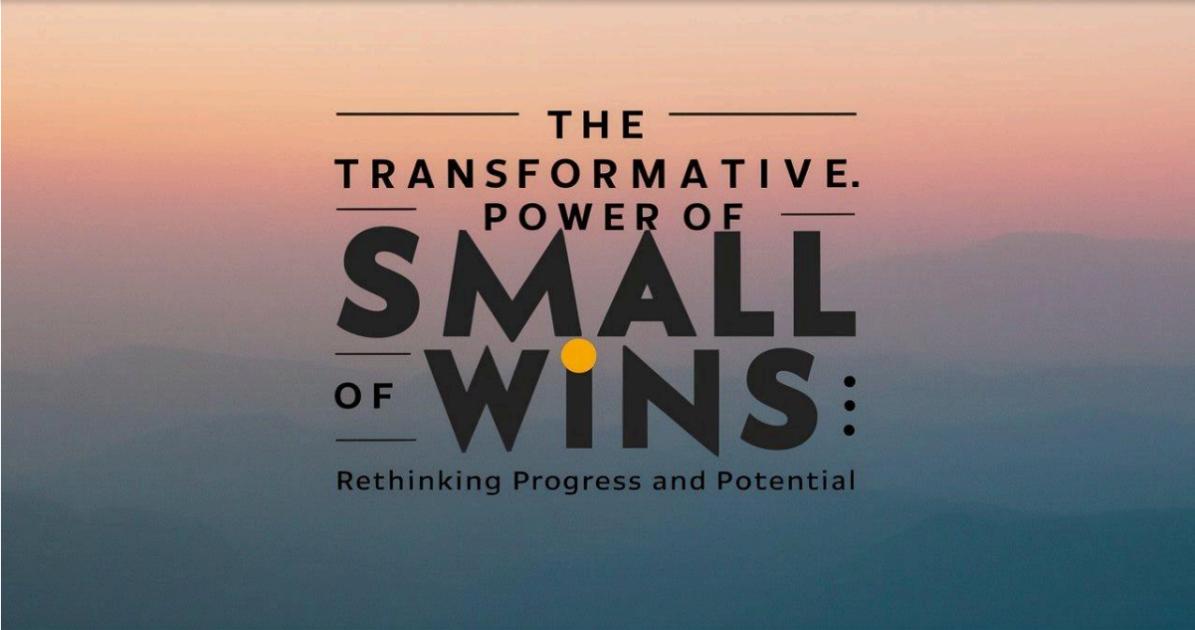
How to access your preferred rate:

Email: reservations@aloftcancun.com.mx

Mention you're part of the MezTal community to receive the special rate.

Don't miss out on this perfect summer benefit!

Tip of the Month: The Power of Small Wins: Why Progress Matters at Work



THE
TRANSFORMATIVE.
POWER OF
SMALL
OF **WINS:**
Rethinking Progress and Potential

A Harvard Business Review article titled “The Power of Small Wins” reveals a powerful insight: **making consistent, meaningful progress in our work—even in small ways—is the most important factor in keeping us motivated, happy, and creative.**

What Does This Mean?

According to researchers Teresa Amabile and Steven Kramer, when we feel like we’re moving forward—checking off a task, solving a problem, making a difference—we boost our inner work life: the mix of our emotions, motivation, and how we see our work.

On the flip side, feeling stuck or blocked (even briefly) can lead to frustration or disengagement.

Progress = Positive Energy

That little win you had today? It matters.

Small victories can create a ripple effect:

- They boost confidence
- Strengthen motivation
- And inspire more creativity and momentum

Whether you finished a task, supported a teammate, or learned something new—**those moments add up** and help make a company stronger, day by day.

What Can We All Do?

Here are simple ways to create more small wins—for ourselves and each other:

- **Set clear goals** for the day or week

timely feedback

- **Take time to reflect:** What progress did you make today?

SUCCESS
IS A SERIES OF
SMALL WINS

Final Thought

Every step forward—no matter how small—is fuel for growth.

To learn more:

[The Power of Small Wins](#)

Prior MezTal Events:



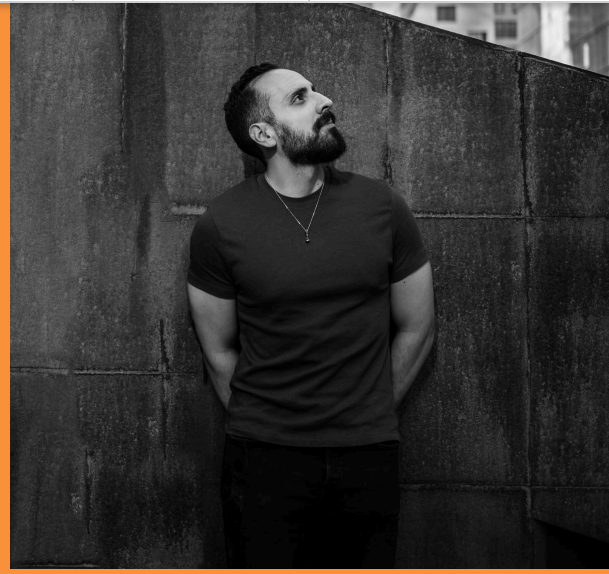


MezTal Events in July:

Date	Location	Event
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Sharing MezTal Moments: A Shoutout to Luis Romo!

This month, we're excited to spotlight one of our newest team members, Luis Romo, who has made an incredible impression in just a short time at MezTal. From day one, Luis



Not only did he contribute a process enhancement that was immediately acknowledged and appreciated by the client, but the improvement is already being considered for implementation in future workflows—a true testament to his proactive approach and impact-driven mindset.

Luis's client had this to say about his work:

"Luis is a great addition to our team! He's already contributed something meaningful, and I'm excited to see how he continues to grow. He fits right in with everyone."

July's Celebrations:

Happy Birthday to Our July Stars!

July is here, and so are the birthdays of some incredible MezTal team members!

We want to take a moment to wish a very happy birthday to everyone celebrating this month. Your presence adds energy, talent, and joy to our community, and we hope your special day is filled with everything you love most.



Honoring Our July Work Anniversaries

This month, we're proud to celebrate the MezTal team members hitting another milestone in their journey with us.

Whether you're marking one year or several, your contributions have helped shape who we are—and we are so thankful to have you as part of our story.

Your commitment and impact don't go unnoticed. Thank you for growing with us, inspiring us, and helping us move forward together. Congratulations on your July work anniversary!

HAPPY ANNIVERSARY



1ST YEAR

- Aylin Camacho Reyes
- Juan Pablo Gómez Álvarez
- Luis Rosette Iturbe
- Edel Miranda Molina
- Juan Pablo Montes Ayala
- Lilia Goyos Bosch
- Elizabeth Zavala Vargas
- Sara Michel de Caso González

2ND YEAR

- María Fernanda Raygoza Salazar
- Regina Olvera Eguiza
- Oscar Ramírez Ortíz
- Alejandro Tirado Hernández
- Elizabeth Flores González

4 YEARS

- Aura Uribe Gamiño



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