



**MEZTAL**  
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 enter August, I'm reminded how valuable it is to know that we have each other—through every phase of growth, every challenge, and every success. It's this sense of connection and shared purpose that makes MezTal so special.

Together, we've continued to grow in every direction: professionally, personally, and as a community. And now, as we look ahead, we're beginning to lay the groundwork to take MezTal to the next level. Whether through new initiatives, stronger partnerships, or expanded opportunities, we're preparing for what's next—with ambition and heart.

Thank you for being a part of this journey. Your trust, energy, and collaboration are what make it all possible. Let's keep building—together.

*"Alone we can do so little; together we can do so much".*

– Helen Keller

Sincerely,

Sarah Thomas, MezTal, CEO & Partner

[SThomas@MezTal.com](mailto:SThomas@MezTal.com)

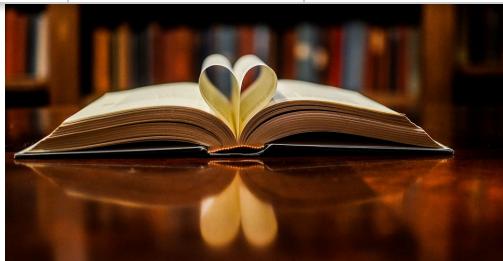




## Culture: Book Lovers Day

Books are the purest form of escapism. They can take you to any time, place, or culture. In honor of National Book Lovers Day August 9, we put away our smartphones, pull out a good book and simply read. (Well, an audiobook will suffice too.)

[History of National Book Lovers Day](#)



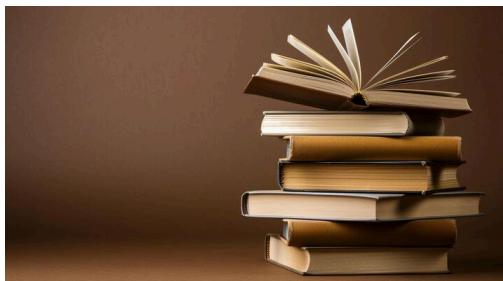
have evolved from clay tablets and scrolls to printed and digital formats. Around 3500 B.C., the Mesopotamians used cuneiform writing on clay tablets. In the 1st century A.D., the Chinese invented paper, leading to printed scrolls and eventually the oldest surviving printed book, The Diamond Sutra (868 A.D.). Hardback books dominated the early 20th century, but paperbacks gained popularity from 1937, making books more accessible. The 1980s saw the digital shift, with the first book sold on CD being The New Grolier Electronic Encyclopedia.

### Traditions

Books, books, and more books! Traditions for the day are all about books! Some of the many traditions of National Book Lovers Day include taking advantage of the great discounts on paperbacks, having a book haul, starting a new book, reading a new genre, donating books, encouraging others to read, and reading a book adaption of a movie you like.



Authors and publishers host questions and answers sessions, either in-person or online. New excerpts are also released from books coming soon. Online book communities like Goodreads are extra active today, and aesthetically pleasing pictures of books grace our newsfeeds on social media sites.



### Why We Love National Book Lovers Day

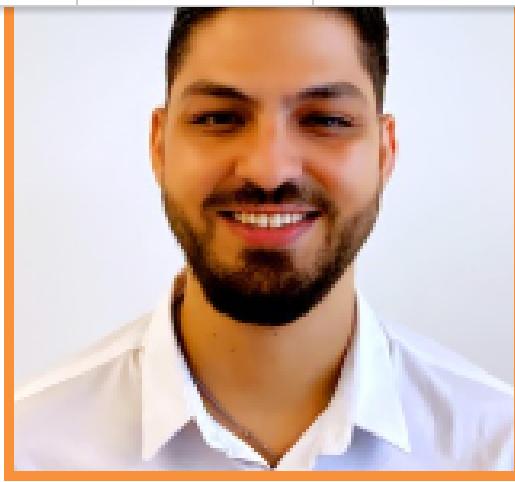
- Books connect us to the universe
- Books let us escape the limits of time and space
- The book Is (usually) better than the movie

For more info:

[National Book Lovers Day](#)

## Meet the Members: Andrés Valdés Zermeño

Say hello to Andrés Alejandro Valdés Zermeño, our Staff Accountant at MezTal! Attracted by the positive energy and type of work the role offered, Andrés brings an organized and



the desire to improve his skills and keep learning, and is currently working on strengthening his English communication, especially with international teammates. In five years, Andrés sees himself running his own business. Outside of work, you'll find him playing padel, enjoying sports, or diving into his favorite shows like Attack on Titan or The Pianist. A fan of rock music, seafood and pizza, and frequenting Los Salseados, Andrés' favorite destination so far is Japan, thanks to its culture and food. His mother is his hero, he's passionate about

helping people in need, and has a big heart for animals—especially dogs. We're thrilled to have Andrés on the team!

## Explore your benefits: Aloft Guadalajara Day Pass



Looking for a relaxing escape without an overnight stay? MezTal has you covered!

Enjoy a **Day Pass** at **Aloft Guadalajara** and experience the comfort of the hotel's amenities.

**Hours:** 12:00 PM – 8:00 PM

**Access for 2 people**

**Cost:** \$1,000 MXN

Includes **2 drinks** of your choice

Includes **2 snacks** of your choice

Perfect for a quick getaway or a chill day by the pool. Just mention you're part of the **WeWork/MezTal community** when booking to enjoy this benefit.

## Tip of the Month: Traveling for Work Tips



Traveling for work can be both exhilarating and exhausting. Work travelers find themselves constantly on the move in the bustling business realm, navigating various airports, cities, and cultures. A business traveler's life, though exciting, comes with its own challenges and demands.

Let's dive into the world of work travel with a business travel tips guide, ensuring you're always one step ahead on your business adventures.

### **Packing Like a Pro (Mastering the Art of Packing)**

- Tech Essentials: Ensure you carry all necessary gadgets, chargers, and perhaps a reliable power bank to stay connected and productive. Also, take a travel pillow and noise-canceling headphones to enhance your travel comfort.

### **Navigating Through Airports with Ease**

- Loyalty Programs: Enroll in frequent flyer programs and utilize credit card points to avail benefits like priority boarding, free checked bags, and lounge access.
- Security Checks: Be prepared for security checks by wearing easily removable shoes and keeping your electronics and liquids accessible. Consider a TSA-friendly laptop backpack for smart scanning & quick pass airport security while keeping your items in order



### **Maintaining Productivity On-the-Go (Leveraging Technology for Seamless Travel)**

- Digital Tools: Leverage digital tools and apps to manage work, stay connected with your team, and keep your tasks organized while traveling. Also, don't forget to get a VPN.



slots for work and exploration to ensure a balanced travel experience.

- **Remote Work Spaces:** Explore coworking spaces or select accommodations that offer reliable Wi-Fi and conducive work environments.

When it comes to opportunities and relationship-building, there's nothing like in-person business travel. You can work while travelling more wisely by prioritising tasks, using downtime, and sticking to your usual sleep and fitness routine.

To learn more:

[Traveling for Work Tips](#)

---

## Prior MezTal Events:



# Therapeutic Yoga

Pause, Breathe, and Reconnect



**WEDNESDAY, JULY 16TH**  
ROOM 26C - 26TH FLOOR  
**4:30 PM**

**REGISTER**

## REQUIREMENTS

- Bring your own **Yoga Mat**
- Sportswear



## MezTal Events in August:

Date	Location	Event

**August's Celebrations: Celebrating Our August Birthdays**

We're so grateful for the energy, creativity, and heart you bring to our community every day. As you celebrate your special day, we hope it's filled with laughter, love, and meaningful moments.

Here's to another amazing year ahead—**Happy Birthday, August stars!**



## Honoring Our August Work Anniversaries

August marks an important milestone for several of our MezTal team members, and we couldn't let the moment pass without a big **congratulations!**

Thank you for your continued dedication, passion, and commitment to our mission. Each year you've spent with us has helped shape MezTal into the community we're so proud to

# HAPPY ANNIVERSARY



## 1ST YEAR

- Arturo Archundia Ojeda
- Jesús Benavides Tapia
- Diego Santos Gutiérrez
- Esteban Arias Arizpe

## 2ND YEAR

- Omar Torres Romero
- Jorge Graco Hernández
- Juan Zamora Mejía
- Gabriela Parra Torres
- Eliza Rylett
- Daniel López Pinedo

## 3 YEARS

- Mitzi Resendiz Hernández
- Alondra Navarro Ríos
- Héctor López Cruz
- José Rodríguez Rodríguez
- Karina Ávila Rodríguez

## 4 YEARS

- Mayra González Pérez
- Angélica Baños Castellanos

## 6 YEARS

- Fátima Gómez Preciado



Copyright © 2023 MezTal, All rights reserved.

Our mailing address is:

448W 19th Street, Suite 1124, Houston, TX. 77008.

Email us: [info@meztal.com](mailto:info@meztal.com)

[Subscribe](#)[Past Issues](#)[Translate ▾](#)

Want to change how you receive these emails?

You can update your preferences or unsubscribe from this list.