



Curso Práctico sobre Administración del Tiempo

Objective:

Proporcionar al participante conocimientos y técnicas que le permitan gestionar su tiempo de manera efectiva a fin de mejorar su calidad de vida personal y profesional.

Duration:

6 horas

Date:

From April 09th to
April 09th of 2026

Schedule:

Jueves 9 de abril de 2026 de 3:00 p.m. a 9:00 p.m. Hora de Sonora (GMT-7).

Location:

Instalaciones de CANACINTRA Nogales. Av. de la Tecnología,
Nueva Nogales, 84094 Heroica Nogales, Son.
Nogales, Sonora.

Investment:

Sign Up Process:

- Click the link below and fill out the form

www.zigmaconsulting.com/programs/1065/sign-up

- It is important to make your payment on time and provide your complete fiscal data. Your invoice will be generated in the first 7 business days after the date your payment is made. Your registration process will be confirmed once we receive via email your proof of payment. (cvaldes@zigmaconsulting.com)

Forms of Payment:

Bank transfers or **check deposit** using the following data:

- **Name:** Brenda Sofía Chávez Mézquita, (Partner, Zigma Consulting)
- **Bank:** Banorte
- **Account Number:** 0685766565
- **Interbank CLABE:** 072 760 00685766565 6

Further Information:

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