



Curso Práctico sobre Manejo del Estrés.

Objective:

Identificar las causas que más frecuentemente generan estrés en al participante, tanto a nivel familiar, social como laboral; así como los efectos más desfavorables que impactan en éste.

Duration:

6 horas.

Date:

From June 27th to
June 27th of 2026

Schedule:

Sábado 27 de junio de 2026 de 8:00 a.m. a 2:00 p.m. Hora de Sonora (GMT-7).

Location:

no aplica
Nogales, Sonora.

Investment:

Sign Up Process:

- Click the link below and fill out the form

www.zigmaconsulting.com/programs/1070/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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