

# Want to work more effectively? Mindfulness training opens the way

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In a topsy turvy world at home and work, professional hypnotherapist Tina Bakardzhieva, founder of Oxford Spires Hypnotherapy, has found her mindfulness training very effective in helping clients and companies work more effectively and with greater joy through their mindfulness courses. They start again in November this year and are open for registration via her website.

“Mindfulness training literally re-sculpts your brain. It helps you discover a natural state of mind in which you are focused, present and aware. People who are more skilled at working with their minds and mental states perform better at work,” says Tina, and their family, colleagues and clients benefit from this also.

Those who have been on the mindfulness course report an increased ability to handle stressful situations, an enhanced sense of purpose, increased creativity, a greater capacity for relaxation, improved energy and enthusiasm, and a rise in self confidence among other benefits, and of course the joy is spread to those around them at home and work.

Adults aren't the only ones to benefit from mindfulness training: “I'm even talking to the head of a local primary in Oxford now, about mindfulness training for their young students to help them and their teachers cope with the stresses of school life,” Tina says.

Tina's clients' claims are backed up by science. There is a wealth of neuroscientific evidence since the 1970s to support the beneficial effects of mindfulness training in maintaining mental health, cardiac health, controlling high blood pressure, anxiety, worry and depression. In a management context mindfulness training has also been shown to improve leadership, decision making communication, emotional intelligence and collaboration skills.

A range of courses are available based in Oxford tailored to the needs of the individual group or company and can be accessed by contacting Oxford Spires Hypnotherapy via their website and telephone number.

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Notes To editor:

- Tina Bakardhieze is founder and chief consultant at Oxford Spires Hypnotherapy.
  - For further comment or interview requests contact Tina on tel: 07837281693
  - Registration for Mindfulness Courses may be done by calling: 07837281693 or visiting the Oxford Spires website at Oxford Spires Hypnotherapy
  - Further Information on neuroscientific research on the effects of mindfulness training is available on request.
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## About Oxford Spires Hypnotherapy

[www.oxfordspireshypnotherapy.co.uk](http://www.oxfordspireshypnotherapy.co.uk)

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### Press Contacts:

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### Images:

*All image requests should be directed to the contacts above*

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