

Title: YU2SHINE Announces Valeriia Hearn as Official CONNECT mE Coach, Expanding Holistic Healing Programs

Blending Ancient Wisdom with Modern Science, Hearn Offers Free mE EFT™ Classes and Complimentary Discovery Sessions to Empower Emotional Freedom

BURKE, VA, UNITED STATES, June 5, 2025 /EINPresswire.com/ -- [YU2SHINE](#), a leading platform for transformational coaching and conscious empowerment, is proud to announce [Valeriia Hearn](#) as its official CONNECT mE Coach. Known for her intuitive wisdom, holistic approach, and heart-led methodology, Hearn brings her signature Free mE [EFT™](#) classes and 1:1 discovery sessions to the YU2SHINE community and beyond.

This appointment reinforces YU2SHINE's mission to foster reconnection—to self, others, and the universe—through conscious coaching, intuitive energy work, and holistic modalities.

"Valeriia embodies the heart of what CONNECT mE stands for: transformation through reconnection," says Victoria Rader, founder of YU2SHINE. "We are thrilled to support her work and expand our offerings with her powerful presence and healing techniques."



Valeriia Hearn



[YU2SHINE.com](#)

About Free mE EFT™

Developed as a next-generation emotional release method, Free mE EFT™ combines: Classic Emotional Freedom Techniques (EFT/tapping).



To heal is to reconnect. To reconnect is to align. And through alignment, we transform not just ourselves—but the world around us.”

Valeriia Hearn

Heart installation (a missing link in traditional EFT).
Breathwork, visualization, and energy work.

This integrated method supports emotional, mental, and energetic reset—helping participants release trauma, manage stress, and reconnect with their authentic self.

Valeriia Hearn – Credentials & Approach along with fluent in Ukrainian, Russian and English.

Valeriia draws from both ancient wisdom and cutting-edge

science. She is:

A Certified Free mE EFT™ Instructor, ThetaHealing® Instructor' Herbalist Health Coach & Holistic Health Practitioner' Certified Trauma-Informed Hypnotherapist' Quantum Touch Practitioner, and a Doctor of Natural Medicine (in training)

Having personally healed from chronic Lyme disease, Valeriia is deeply passionate about guiding others toward holistic healing and emotional empowerment.

Phil McClure

CMO, YU2SHINE

+1 252-423-6314

[email us here](#)

Visit us on social media:

[LinkedIn](#)

[Instagram](#)

[Facebook](#)

[YouTube](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/818356889>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2025 Newsmatics Inc. All Right Reserved.