

Véronique Rooney

Energy Practitioner

Tapping Health & Happiness Into Your Life!

Hi, I'm Véro!

From my practice, Tap2Heal, in the lovely (sunny) South East of Ireland, I work with heart-centred individuals on their energy & joy levels, and I help them bring back health & happiness into their lives.

As well as helping individuals in one-to-one appointments, I also help groups (social & professional groups) through a variety of health talks, workshops & classes which I run nationally & internationally.

Looking at me now, you could think that I was born joyful & confident. But for many years, even though I was a successful professional with a great career in the translation industry, deep down, I was suffering from the "imposter syndrome". Each of my days was filled with anxiety and I felt like I was constantly moving from one fear to the next. But this all changed when I discovered EFT (Emotional Freedom Techniques) and energy healing. I first got rid of my fear of spiders - my arachnophobia was so strong that simply looking at the picture of a spider would bring on nightmares. Once I realised the power of these techniques, I was compelled to find out more. So I trained as an advanced EFT practitioner and set up my practice – Tap2heal. This was in 2005. And since then, I have helped many individuals get rid of their anxiety, depression, fears, stress, as well as chronic aches & pains. Over the years, in order to better serve my clients I have followed further trainings to add new healing modalities to my toolkit. My healing approach is holistic & intuitive, and I tailor my healing to your specific needs.



I'm all about empowering people, like you, with real tools to finally get rid of their paralyzing anxiety, stress, fears & pains. I do this by working on the body, mind & spirit - together we heal the real causes of your limiting fears. This brings real shifts in your energy levels so you can finally implement the changes that are needed to create more joy & freedom in your business & life.

My mission is to empower you with healing tools so you can tap health & happiness into your life – [Here is how I can help you.](#)

Now is the time for change. [Book](#) the healing appointment of your choice - start your healing journey and retake control of your energy, health & happiness.

P.S. Remember, you don't have to travel thanks to Skype & the Internet!

Testimonials

- 🗨️ *"Many thanks Veronique, yesterday's session seemed to have shifted my energy and I feel much better & calmer and I am enjoying my normal daily life. I may avail of it again to support this shift/progress. Again, many thanks."* **Bernie**
- 🗨️ *"I feel great after my session the other day; relief is the word that springs to mind!"* **Elise**

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Tap2heal with Véro

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