Coretalents analysis

Stress, Burn-out and Bore-out

Stress, fear of failure, perfectionism, burnout, and bore-out are issues that can largely be resolved by living in alignment with your true self, guided by your own desires and needs, and by your innate curiosity and talents.

Your Coretalents

The Coretalent analysis provides insight into 23 core talents. By looking at what you played with during your childhood, we discover what gives you energy, and what drains it. You gain insight into your potential, enabling you to make (or learn to make) conscious choices.

Choose for work happiness and work-life balance

As a Coretalents analyst, coach, and body-oriented therapist, I enjoy exploring with you what truly ‘lights you up.’ Let’s look together at how you can structure your work and life to ensure you derive the most energy from them.

Approach Coretalents analysis

1. Completing the questionnaire sent via email
2. 2-hour appointment: Review of the online 'Childhood' questionnaire
3. 2-hour appointment: Coretalents feedback + in-depth interview
4. Coretalents analysis report of approximately 60 pages
5. 1-hour appointment: follow-up meeting of the Coretalents analysis report

What others say about it

'The Coretalent analysis confirms, in various ways, that I desire more movement and dynamic in a role. I now also have a better understanding of why I need to keep putting my talents to use. I derive energy and fulfillment from connecting parties, by resolving specific issues by bringing together the right expertise and the right people.'

'Gaining insight into my Coretalents helped me form a clear picture of what my next professional challenge should look like. I am a better fit for a streamlined organization. Furthermore, collaborating with like-minded individuals who possess a similar level of intelligence is a must. I derive energy from working toward a goal, primarily in an independent capacity, where any opportunities for discussion or brainstorming remain brief and focused.'

'In my new job, I felt unsure about taking on the role of project leader again. In my previous position, my boss saw potential in me and entrusted me with a management role, I had my own department and staff. Thanks to the Coretalents analysis, I now realize that the role of project leader is a perfect fit for me, and I have taken it on myself in my current position.'



I am Chungmei, for over twenty years I have worked as a coach and body-oriented therapist through my practice orchidoflife.nl. I am also an expert in the field of high sensitivity. I provide support for issues such as anxiety, internal conflict, low self-esteem, depression, overstimulation, chronic fatigue, and trauma recovery. I offer these services from my practice in The Hague or via video call.

Doing what you like is freedom, liking what you do is happiness

Start the Coretalents analysis, contact me!

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