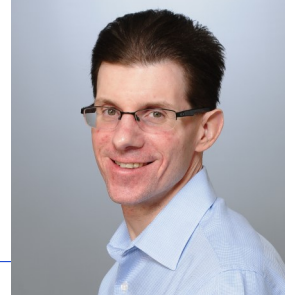


## RESOURCES FOR INTERVIEWING

# Brian Vondruska



### Interview Topics

#### *What They're Not Telling You About Parenting Styles*

You may have heard about the parenting style dimensions of responsiveness and demandingness, but you may not know that those two dimensions do not tell the whole story. There is another parenting dimension called autonomy support. According to Brian Vondruska from [TheKindOfParentYouAre.com](http://TheKindOfParentYouAre.com), this dimension is the most underappreciated element in all parenting literature. Learn what autonomy support is and how you can optimize your parenting through it in this interview.

#### *Now That You Are a Parent, Why?*

Parenting without a purpose is like hiking without a compass. If you don't know where you are trying to go, who knows where you will end up? Brian Vondruska from [TheKindOfParentYouAre.com](http://TheKindOfParentYouAre.com) joins us to discuss common purposes that parents define for themselves, why it is important to define one for yourself, and how to get started.

#### *Your Child's Path to Well-Being*

The path to well-being can be represented as a four-step self-reinforcing cycle. This model of well-being development was introduced in Brian Vondruska's recently published book, *The Optimal Life Experience*. In this interview, Brian will share what types of things parents can do to help their children traverse the well-being cycle today, and flourish as adults.

#### *Stop Trying to Better Your Life*

Why is the subject of self-help so, well, selfish? If that self-help resource that you are consuming really held the power to improve life, wouldn't it be bighearted to aim its power not at yourself, but at someone else? Brian Vondruska, author of *The Optimal Life Experience*, argues that doing so is the best way to better your own life.

#### *The Well-Being Cycle*

To chase happiness is to lose it. There is no way to happiness; happiness is the way. The words of ancient thinkers, oft repeated and adapted, are as ubiquitous as they are cryptic. When Brian Vondruska searched for clear answers, he saw there was wisdom within the aphorisms. Although there is a path to happiness, it has no destination, because that path is a circle – a positive feedback loop.

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### Contact



[brian@thekindofparentyouare.com](mailto:brian@thekindofparentyouare.com)

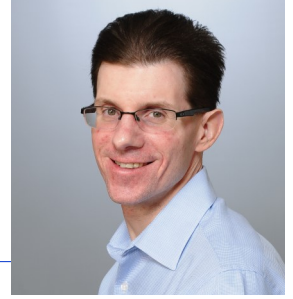
@brianvondruska on twitter

(216) 272-1135



## RESOURCES FOR INTERVIEWING

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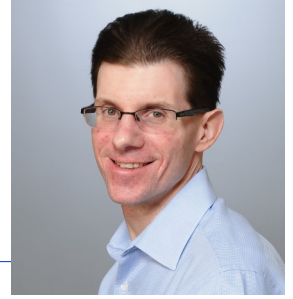
### Sample Interview Questions

#### What They're Not Telling You About Parenting Styles

- What are the major recognized parenting styles?
- What kinds of child and adolescent outcomes are associated with these parenting styles?
- Where do dimensions come into the equation?
- What is autonomy support and why do we need it as a dimension?
- What outcomes are associated with autonomy support?
- What are the different types of parental control?
- Isn't autonomy support already included in the major parenting styles?
- Why is no one talking about autonomy support as a parenting dimension?
- How can autonomy support get us closer to optimal parenting?
- Is it possible to be too autonomy supportive?
- What are the key challenges of giving autonomy support?

## RESOURCES FOR INTERVIEWING

# Brian Vondruska



### Sample Interview Questions

#### Now That You Are a Parent, Why?

- Why is it important to define a parenting purpose?
- What other types of specific situations would one use a parenting purpose?
- What is so hard about developing a parenting purpose?
- Are there other benefits to defining a purpose?
- Is parenting easier when you have a defined purpose?
- What do people commonly designate as their parenting purposes?

#### Your Child's Path to Well-Being

- What is the well-being cycle?
- What is the well-being cycle based on?
- How can a parent affect a child's tendency to traverse the well-being cycle?
- How can a parent help a child feel like they matter and can make an impact?
- How can a parent help a child develop good behaviors?
- Why should well-being be the focus?

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### Contact

[brian@thekindofparentyouare.com](mailto:brian@thekindofparentyouare.com)

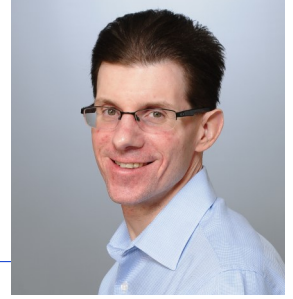
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## RESOURCES FOR INTERVIEWING

# Brian Vondruska



### Sample Interview Questions

#### Stop Trying to Better Your Life

- What's wrong with trying to improve my life?
- In what ways are pursuing my own enrichment self-defeating?
- What might make "others-help" more effective than self-help?
- Can't I pursue my own interests, too?
- What can we do to improve the lives of others?
- How did you arrive at those three things to improve others' lives?
- What if I'm not ready to help others?
- Why isn't there a handbook for this?

#### The Well-Being Cycle

- Why focus on well-being?
- What is the well-being cycle?
- What is the well-being cycle based on?
- How should I use the well-being cycle?
- How is the well-being cycle applicable to parenting?
- What are some specific ways a parent can help children feel like they matter and can make an impact?

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### Contact



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