

Interview prep sheet

"Who Is This Monster (or Treasure) in My House?" by Kate Mason

What is "Who Is This Monster (or Treasure) in My House?"

What is the best thing about parenting? The joy that our children bring us.

The worst thing? Sometimes we just don't know what makes them tick.

Parenting can be a tough gig, as every child is unique. Identifying the personality types of both you and your offspring can give you insights that will change your life – and your children's lives!

In [*Who Is This Monster \(or Treasure\) In My House?*](#), Kate Mason shares her forty years of coaching experience – in business, schools and parenting workshops, and through raising her own two 'monsters' – to explain and teach how to recognise children's innate personality gifts and treasures.

Using humour, facts and fun, she shares the personality tools that offer a new understanding and knowledge about the personalities in every household. Solutions and helpful hints build skills and resilience that will help solve the 'monster' moments and connect with those little 'treasures' more than ever before.

Who is Kate Mason?

KATE MASON is 'Australia's personality coach'. An international keynote speaker, presenter, host of the [*Personalities, Parenting, and Partners*](#) podcast, and coach, she is passionate about helping people to understand their personalities in order to gain resilience and confidence. She believes that once you know who *you* are, you can connect successfully with *everyone* in life.



Suggested questions for discussion

1. Your book is called *Who Is This Monster (or Treasure) in My House?* – talk to me about that... Who *are* these 'monsters' and 'treasures' you're talking about?
2. What is 'personality type analysis' and how is it used in general?
3. Why do you believe personality type analysis is a useful tool for families?
4. What is a 'Myers-Briggs Type Indicator'?
5. What are some of the most common parent/child issues you've seen and how can personality type analysis help?
6. What about partners? Can all this personality type stuff help with relationships between partners too?
7. Your book acts as a bit of a workbook of sorts, helping people identify their own personality type as well as those of their partner and their kids. Tell me about that process? Is this really something somebody can do themselves just with the book?
8. You talk a lot about communication in your book. Why is communication so important within a family?
9. In the book, you write a lot about your own family and the differences in personalities within the household. Can you tell us a bit about your own journey and the role these differences played in your own family dynamics?
10. Tell me about your background. How did you come to become so interested and expert in personality types?
11. Some people may feel they don't fit neatly into any one box – maybe they feel introverted sometimes and extroverted other times, for example. Does personality type analysis and MBTI still work for them?
12. What's your personality type? And what does that mean in practical terms?
13. What's your best advice for someone who lives with someone, whether partner, child, or even a roommate, who is a polar opposite to them?
14. In your book, you talk about 'active listening'. What is active listening? Why is it important within a family? And how can we all become better at it?
15. How can people learn more about and get in touch with you?