

What to expect during your first session

The mediation process will:

- Identify conflict areas
- Identify needs of both parties
- Identify solutions and options
- Identify any missing information
- Test reality of solutions
- Find agreement on solutions OR understand the consequences of an impasse.

The mediator's role:

- Neutral and objective (does not side with either party)
- Guidance and redirection through the mediation process
- Balances power dynamics
- Ensures each party is empowered to exercise their power of choice
- Meet with parties individually, when necessary, to clarify positions
- Does not allow unethical agreements to be made
- Mediates only measurable and specific problems
- Drafts agreements

ATTORNEYS DO NOT ATTEND MEDIATION SESSIONS UNLESS REQUESTED BY THE MEDIATOR. PLEASE HAVE YOUR ATTORNEY ADVISE YOU THROUGHOUT THE MEDIATION PROCESS. PLEASE REVIEW ANY AGREEMENT REACHED IN MEDIATION WITH YOUR ATTORNEY, PRIOR TO SIGNING.

How to Prepare for Mediation

Before mediation:

- Know what you want
- Know why you want it
- Know the legal strengths/weaknesses of your case (consult with an attorney if needed)

During mediation:

- Voice your desires and concerns
- Listen for the needs of the other party when they speak
- Be considerate of both parties' needs
- Behave respectfully (tone of voice, no name-calling or threats)
- Be honest
- Focus on creating a new and functional future

What to bring to your first appointment:

Any relevant documents such as:

- Court orders
- Work schedules
- Paystubs
- Current custody arrangements
- Information about assets and investments