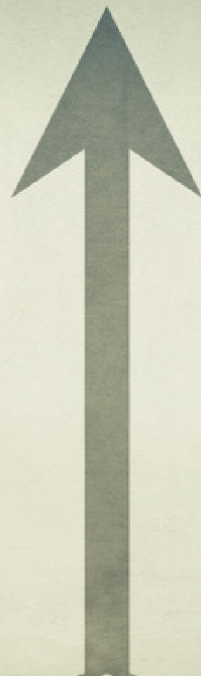


YOUR GUIDE TO MEDIATION MEDIATION



Committing to mediation may feel overwhelming, but it doesn't have to be. Here are some practical tips to help you make the most out of your mediation experience.

Why Mediation?

In most cases, like divorce, the court will order mediation before proceeding to a trial. This is because the courts recognize the value of resolving disputes outside of the courtroom. By mandating mediation, parties are encouraged to engage in constructive dialogue and negotiation with the goal of reaching a mutual agreement.

Unlike traditional litigation, mediation provides a collaborative, cost-effective approach to finding solutions. With mediation, you have more control over the outcome, confidentiality is maintained, and time is saved.

The Role of the Mediator

The mediator is a neutral third party who facilitates the mediation process. They are trained professionals with expertise in conflict resolution and communication.

Since the court does not appoint a specific mediator, you have the opportunity to select a mediator that can best facilitate your case.

The role of a mediator is to guide the parties involved in a dispute through constructive discussions, help them identify common interests, explore potential solutions, and work towards reaching a mutually acceptable agreement. Mediators do not take sides or make decisions for the parties but instead foster open communication and assist in finding a resolution that satisfies everyone involved.



How to Prepare for Mediation

Make the most out of your upcoming mediation



Have a Positive Mindset

A calm and open attitude helps set the foundation for a productive mediation.

- *Adopt a brief, factual, and friendly approach to facilitate communication.*
- *Be prepared to handle rejection and cope with conflict.*
- *Address self-limiting behaviors and be aware of any tendencies to become defensive or overly confrontational, and work towards a cooperative mindset.*
- *Prepare yourself to experience a range of emotions.*



Define your Goals

Understanding what your main objectives are before mediation day will help you stay focused on your goal.

- *Clearly define your objectives and desired outcomes for the mediation session.*
- *Consider best-case and worst-case scenarios, and the range of possible settlement agreements.*
- *Support your position by gathering relevant paperwork, documentation, or evidence to support your perspective during discussions.*
- *Identify the key points that are crucial to you and cannot be compromised.*
- *Determine the aspects of the dispute where you are open to finding a compromise.*
- *Consider alternate outcomes by exploring creative solutions beyond your initial expectations.*

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Be Open and Receptive

Mediation day shouldn't be filled with stress. Arrive well-rested and nourished.

- *Ensure you are physically and mentally prepared to engage in productive discussions.*
- *Embrace the mediator's role in guiding the conversation and facilitating constructive dialogue.*
- *Be receptive to the mediator's suggestions and potential resolutions that may lead to a mutually beneficial agreement.*



Be prepared for different outcomes

There are several outcomes that may come from mediation. It's crucial to be prepared for any possibility.

- *Sometimes both parties reach an agreement before the mediation takes place, eliminating the need for further proceedings.*
- *Mediation can result in a comprehensive agreement that addresses all issues during the session, eliminating the need for court involvement.*
- *In some cases, additional mediation sessions may be necessary to further negotiate a resolution.*
- *If an agreement cannot be reached during mediation, the case may proceed to court for a final hearing, where a judge will make the decision.*

Your bridge to a better tomorrow starts here.

Take The Next Step

Schedule an initial call today to discuss your situation and take the first step toward a constructive resolution.

To start the conversation, call or text us today at:

720-259-8400

