

MEDIATION FACT SHEET

What is Mediation?

- Mediation is a process guided by a neutral, impartial professional
- Mediation promotes communication and joint problem solving
- Mediation provides an opportunity to reach innovative, mutually satisfying and enduring solutions
- Mediation is efficient and cost effective
- Mediation is voluntary and confidential

What Happens During Mediation?

- Each party has an opportunity to describe the situation from their own perspective
- The mediator helps parties to identify issues, explore potential options and select sustainable solutions
- The mediator has no authority to impose a decision
- Parties maintain control over the ultimate outcome
- Any agreements reached are memorialized in writing

When and Where Should Mediation Occur?

- Whenever a dispute cannot be resolved by the parties themselves
- At a time, location and duration convenient to the parties

Why Participate in Mediation?

- Mediation preserves the relationship of the parties
- Mediation builds trust and rapport
- Mediation fosters understanding and appreciation of differences
- Mediation promotes productive collaboration
- Mediation teaches negotiation skills that can be used in the future