



FIVE TIPS FOR Mediation



Choose the Right Method

- 1** Adapt the method of mediation to the particular needs of the parties. While joint sessions are preferred, methods like shuttle mediation may be more appropriate if there is heightened tension or safety concerns.



Draft Clear Position Papers

2 Mediators may request 'position' or 'mediation' papers prior to mediation. Position papers should be factual, concise, and outline each party's desired outcomes, highlighting areas for potential compromise.

Identify Core Interests

3 Help clients identify their deeper needs and priorities, rather than focusing on fixed demands. This interest-based negotiation approach often reveals common ground, resulting in effective, targeted solutions.



Encourage Empathy

4 Family mediation often brings up raw emotions. Encourage clients to view situations from the other party's perspective, and focus on long-term goals over momentary grievances. This can soften rigid positions, increase compassion, and lead to more mutually acceptable solutions.

Lead By Example

5 Cases can heighten the emotions of advocates as well as clients. Regularly practicing self-care, setting professional boundaries, and regulating your own emotions prior to mediation will allow you to best support your client and be an effective advocate.

