



## Family Mediation

Mediation can feel like an uncomfortable and even scary choice as a way of resolving issues with your ex-partner. You may be barely speaking, or you may feel concerned by their recent behaviour and not at all at ease with the idea of exploring options together in the same room. Here is some more information to help you decide if mediation might be right for you.

### What happens in family mediation?

1. You and your ex partner come together to explore different options to find out what will work best for both of you (and your children) following your separation. The mediator helps you to explore, and map out, different options so that you can work out which one will work best. The mediator is trained to facilitate discussion and ensure each person feels heard. They are there to help give you the tools to find a way forward yourselves.
2. Mediation is not counselling and a family mediator only becomes involved once you have taken the decision to separate.

### What are the benefits of mediation?

- It's often the quickest way of finding a resolution. Talking to each other directly in a structured way is a really time efficient way of answering each other's questions and weighing up the pros and cons of each option. This can also make it the most cost effective way of resolving matters.
- It helps you to get your communication on track. This is crucially important where you have children and are going to need to maintain a relationship with each other as co-parents. You don't have to be speaking to each other to come into mediation.
- You work together to find an option that's best for you (and your children). This means the proposals you map out are ones that you have both decided upon, and not had thrust upon you by a third party who doesn't know you.

### I'm still worried about it. What do I do?

- Finding out more about mediation doesn't commit you to the process. The mediator meets with both of you individually first so that you can find out more about the process, and so the mediator can assess if it's safe and right for you. They can put in place safeguards to ensure you feel protected. If you'd like to see the meeting room where mediation takes place then have a look [here](#).