

# What is Mediation?

Mediation is where a trained, professional mediator tries to help you resolve arguments following 5 basic steps:

- Gathering Information
- Identifying Key Issues
  - Exploring Issues
  - Generating Options
  - Making Agreements



## Mediators...

Do not judge  
or take sides

Aim for a fair  
outcome for all

Support difficult  
conversations

Do not  
give advice

Are not  
therapeutic

Help you find  
solutions



We offer up to 6  
sessions, lasting  
approx. 1 hour a  
week



Sessions are  
conducted in a  
neutral venue or  
virtually



Mediators will  
ensure you feel safe  
and comfortable  
within the sessions