

Transcript of video recordings

What Happens at a Mediation Session?

What does a mediation session look like? Here's a breakdown:

Structure: mediators work to ensure the process runs smoothly. Typically, they start by explaining the procedure and ground rules. Then, invite each participant to speak individually, uninterrupted, about their concerns and goals, before discussing each issue in depth. Mediation sessions typically last 2-3 hours, so patience and flexibility are important.

Facilitating Communication: The mediator encourages direct communication, allowing you to share your point of view and express feelings. They focus on resolving issues rather than apportioning blame, and help you explore what you really want and potential solutions to the case.

Private Meetings: Sometimes mediators hold private meetings with each participant to discuss sensitive issues and explore settlement options more comfortably. These sessions are particularly useful for working out the details of different proposals. *The mediator won't share anything you say with the other side without your permission.*

Confidentiality: Remember, mediation is confidential. What's said in a session generally can't be used in court.

Reaching an Agreement: If you reach an agreement, the mediator will draft the terms. Once all parties approve those terms, it becomes a binding contract. Once the terms have been fulfilled the case can be dismissed.

If No Agreement is Reached: If mediation does not result in an agreement, the case can be restarted in court as if mediation never occurred. You retain all your rights and can still seek a court resolution.

Remember, most cases result in agreement, reducing the stress of legal disputes and bringing closure.

Thank you for watching!