

Transcript of video recordings

What is Mediation?

Welcome to our guide on mediation! So, what exactly is it?

Mediation is a straightforward and informal way to resolve disputes. It brings everyone involved together for a conversation with an impartial third party called a mediator. The mediator helps you and the other participants discuss the issues and work towards a solution that everyone can agree on, so you avoid going to court.

Your mediator will:

- guide the discussion and ensure things stay calm
- ask questions and clarify what's said
- focus on what's important to each of you
- give everyone a chance to speak
- help you find a solution that works for both of you

Your mediator will not:

- judge who is right or wrong
- take sides
- force you into an agreement
- provide legal advice
- shy away from difficult topics

The goal is to have a calm, safe and systematic discussion about your case so as to reach a mutually acceptable resolution.

Why Choose Mediation?

So, why should you consider mediation? Here are some of the benefits:

Your Voice Matters: Mediation ensures that everyone gets heard.

Practical Solutions: mediation can produce a wider range of outcomes than the courts.

Finality: mediation agreements are more likely to be adhered to than court decrees

Closure: you can put the dispute behind you and move on with your life.

Confidential: what you say generally can't be used in court.

Preserves Your Rights: while mediation is generally quicker, less expensive and less stressful than court, if you do not reach a resolution you still have the right to ask the sheriff to decide your case.

Expertise: Mediators are trained professionals accredited by Scottish Mediation, ensuring their quality.