



WHY YOU MIGHT CHOOSE MEDIATION

10 Good Reasons To Give It A Try

- **IT'S CHEAPER.** A National Audit Office Report showed that it is on average half as expensive to use mediation ALONGSIDE legal advice as to use legal advisors only.
- **IT'S QUICKER.** In general, if you bring the right information, you can sort matters out in 2-5 sessions.
- **YOU NEED TO BE HEARD!** The mediator's role will be to create a safe environment where this can happen. You may even be able to say things which have been difficult to say anywhere else.
- **YOU DECIDE,** after meeting with a mediator, whether you wish to proceed to a joint meeting. Mediation is voluntary.
- **YOU ARE IN CONTROL OF DECISIONS MADE IN MEDIATION,** not solicitors and not the Judge. Mediation is confidential. If you do not reach agreement this cannot be used against you.
- **DECISIONS CAN BE TRIED OUT** before being finalised. Mediation can act as a safety net for you to review arrangements.
- **AGREEMENTS** reached in mediation have been shown to be more likely to last than those imposed by the Courts. Decisions can be tailored to your unique situation. The court can be a blunt instrument in terms of decision-making.
- **CHILDREN BENEFIT** hugely when their parents can find ways of collaborating on parenting arrangements. Children suffer if parents are in conflict. Children can meet with the mediator if you think that would help.
- **COURTS EXPECT** people to try mediation before litigating.
- **IF IT DOESN'T WORK** there is nothing lost. It is not easy, of course, but using mediation will not affect your legal rights in any way.