



## Supporting You With Family Mediation

# Mediation provides a safe and supportive environment for you to communicate, resolve issues and reach an agreement.

## What is family mediation?

When family relationships change or are challenged the emotional strain can be significant and is sometimes too overwhelming to manage by yourself. Family mediation provides you with the opportunity to work with an independent professional (the mediator) to reach an agreement.

A mediator is completely impartial, they don't take sides or make judgements. They work with you to find a way forward, hopefully preventing the need to go to court.

## Why choose us?

We know just how important family relationships are. We understand that when they're challenged or disputed, it can affect you and those around you too.

Our family mediators have the professional expertise to successfully guide you through this process, while balancing the emotional sensitivity needed. As a long established team, we have a large network of specialist connections on hand to help including:

- Financial advisers
- Accountants
- Pensions experts
- Business valuers
- Barristers
- Arbitrators
- Counsellors and coaches.

Our qualified mediators also include one of the few qualified hybrid mediators in the UK as well.

## What happens?

Mediation involves sharing your situation and discussing the challenges you're experiencing with a mediator to find a solution. You can do this virtually or in person, and you also have a choice about whether you want to see or speak to your ex-partner or family member too.

If you reach a solution that you both agree to, the mediator will explain how to make that agreement legally binding.

## When can family mediation be used?

Mediation can be used for most family law disputes. In most cases, before you're allowed to apply to have your case heard in the Family Court, you'll need to demonstrate that you've considered mediation first. However, it's just one of several alternative dispute resolution (ADR) methods that you can use if you're going through a divorce or separation.

Mediation can be used to resolve:

- The arrangements for finances and/or children following divorce
- Civil partnership dissolution or separation
- Reviewing existing financial or child arrangements following a change in circumstances
- Agreeing the time children spend with their grandparents or other family members
- Negotiating the terms of prenuptial and postnuptial agreements.

## What are the benefits of family mediation?

Put simply, mediation is faster, cheaper and less stressful than going through court. It exists to help you find a solution and move forward.

It supports improved communication, which can be particularly helpful if children are involved and can produce better long-term results for separating families.

In mediation you both set the agenda of what you want to discuss but you can't be forced to agree to something that you don't want.

Mediation is flexible. Sessions can be as regular as you like, and it provides you with the opportunity to take breaks so you can 'trial' solutions.

Finally, be reassured it's confidential – what you discuss won't undermine your position if you can't agree and you do go to court.

## There are four simple steps of the mediation process

### Mediation Information & Assessment Meeting (MIAM)

This is an initial meeting with the mediator to privately discuss your family law issue and consider the different options available to help resolve it. As part of this first meeting, the mediator will want to understand if there are any safeguarding issues (e.g., controlling, abusive or violent behaviours) to be aware of.

### First mediation session

If mediation is right for you and your ex-partner or family member also agrees to attend, the mediator will arrange the first session. In this session the mediator will help you both clearly identify the issues that need resolving. They'll also help you consider what information is needed to move the discussions forward at the next session.

### Mediation sessions

Together you'll have several mediation sessions to discuss and attempt to resolve the issues identified. Sessions usually last one to two hours and you can have as many or as few as are required.

### Outcome

After your mediation sessions, it will be clear if you're able to come to an agreement. If you reach an agreement the mediator will explain the steps that need to be taken to make it legally binding. If an agreement is not reached the mediator will identify the issues outstanding and help you consider your options moving forward.

## Contact us

To explore the option of mediation further or book your Mediation Information & Assessment Meeting please contact us on 0808 231 6279 or [online](#). We'll talk you through the steps and be clear about the costs involved.

A podcast with one of our friendly expert mediators is also available for you to [listen to and find out more](#).



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