

A close-up photograph of a man with short, dark hair and a bright smile, wearing a white V-neck t-shirt. He is holding a young child with light brown hair and striking blue eyes, who is wearing a bright orange polo shirt. The child is also smiling and looking towards the camera. The background is a bright, slightly blurred indoor setting, possibly a home office or living room, with white shelves and a window. The overall mood is warm and positive.

**ADELAIDE FAMILY
MEDIATION**

Helping you move forward



**ADELAIDE
FAMILY
MEDIATION**

Helping you move forward

If you decide to attend mediation, you need to prepare, just as you would for court. This worksheet will help you organise your thoughts so you can attend mediation with considered and thought out ideas and suggestions for making an agreement that will work for your family.

Don't give the worksheet to the other parties or the mediator! These notes are just for you.

Before mediation;

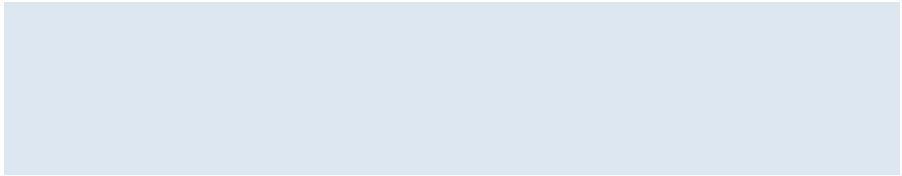
- It will help if you read 'Preparing for Mediation' and 'What happens at Mediation?'
- Learn as much as you can about the mediation process.
- Talk to Adelaide Family Mediation about our services and what to expect.
- Read any material you are provided.
- Seek legal advice and know your rights.

Remember to remain flexible and try to avoid coming to mediation with a fixed outcome. If you attend thinking there is only one solution, it will be hard to be open to ideas or compromise to reach an agreement. Both parties have to agree to any solution, think about what is important to you and where you could be flexible.

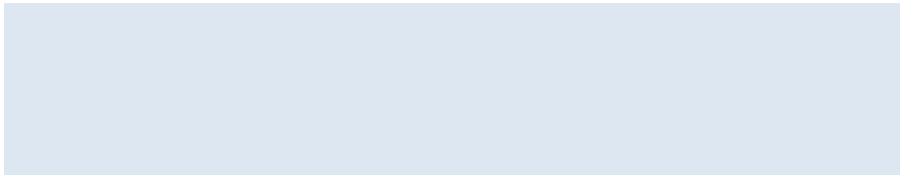
Temara Willis

Preparing for Mediation Worksheet

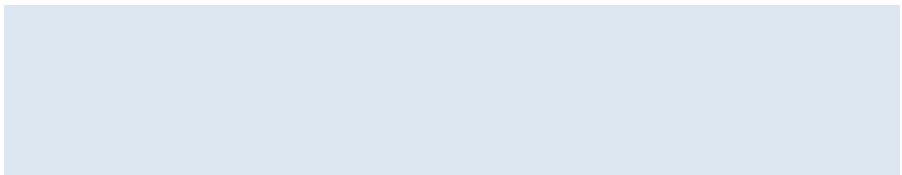
What is your dispute about? Use this space to write down what your dispute is about.



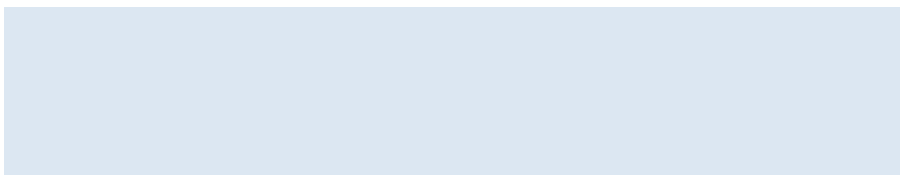
Think about the issues. What key issues do you want to talk about? For each issue, write down why it is important.



Now, try and imagine what the other party involved will think are the issues and why they are important.



What do you want? Use this space to write down what you think would be the ideal outcome for your situation.



Preparing for Mediation Worksheet

Use this space to write down what you think the other party might want. Think about what they have told you and anything written in any letters they have sent you.

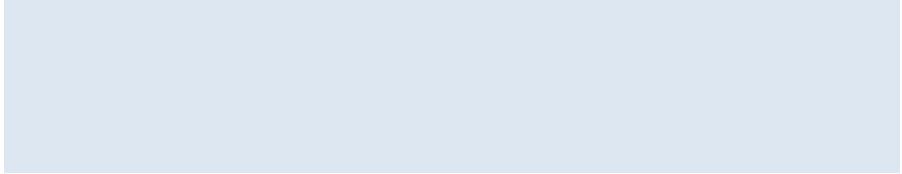
Understand your legal rights. Find out how the law affects your dispute. Use this space to write down notes about your legal position.

Think about some options that you think might end the dispute. Would you be prepared to table these in mediation?

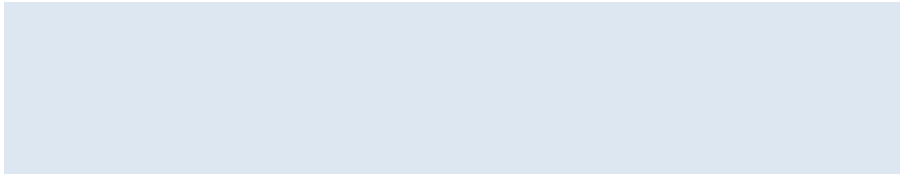
Your emotions. Think about how your feelings may affect the mediation. Plan some strategies for how you can deal with becoming upset or frustrated during mediation.

Preparing for Mediation Worksheet

Plan how to communicate. Spend some time thinking about how best to talk during the mediation.



Do you need to take someone with you? Think about who could support you through the process.



Documents and information. Prepare a list of the documents you are going to take with you. It is helpful to have the documents in date order.

