

## One-Day Mediation

### What is mediation?

Mediation means trained and experienced mediators helping people sort out problems together.

Almost anything can be resolved through mediation if people want to make it work. The mediators will help you decide whether mediation can help.

Mediation is voluntary. It is your choice whether you want to use mediation. Mediation only happens if people want it to. This is what makes it work.

### What is “One Day Mediation”?

In One-Day Mediation, the mediators try to help resolve matters in one day.

The mediation takes place in a venue with three separate rooms. Each person taking part has their own room. A third room is the meeting room.

If you prefer not to meet the other person, the mediators can spend time with each of you in turn. This is called shuttle mediation.

You can have private meetings with mediators or other people in the mediation.

### What actually happens?

To start with, mediation just means talking with the mediators. Everything you say to the mediators is confidential, within the law. This lasts about one hour.

The mediators will also talk with the other people involved, to find out how they see things. The mediators are impartial and don't take sides.

If everybody agrees, a mediation meeting can be arranged in the meeting room. This is called a “joint mediation session” or “face-to-face meeting”. The success rate is 95%

Or, if people don't want to meet each other, the mediator can visit them separately. This is called “shuttle mediation”. The success rate is 75%.

Overall, mediation is 85% successful where both parties want to mediate.

Our mediation is provided by experienced mediators. Graham Rutson and Sheilagh Gunston have been mediating for 20 years.

What do you need to mediate? Just an open mind, and a desire to make the situation better. Also, to give a day to make it work.

Mediation is free to you. If you have any questions, or want to talk about mediation, please phone us on 029 2048 0254 or 01792 204050.