



paradigm shift
M E D I A T I O N



HOW TO PREPARE FOR Mediation Day

At Paradigm Shift Mediation, we offer mediation as an alternative to the “battle” of litigation. This is your chance to keep control and avoid allowing a judge to make decisions about your life for you!

Here's a checklist to help you prepare for your first mediation session:

Come with the right mindset

Mediation is a confidential process that allows you to meet with our certified, impartial mediator to reach an agreement.

Come with an open mind, and prioritize the end goal: coming to an agreement that works for both parties (and for your children). These discussions are not going to be easy, so an open mind is critical.

Don't waste valuable mediation time discussing items unrelated to the settlement of your case. This is not the time to argue about personal grievances you two may have with each other. Concentrate on what is important and reserve personal arguments for another day.

Bring your materials

Our Paradigm Shift Mediation team will collect information from both parties when you first sign on for our service, but you should also have a copy of your materials to help you keep track of how the session goes.

Some things you may want to consider include:

- Have a notebook and pen
- Have your calculator handy
- Organize forms and documents relevant to your marriage and assets

It can also be helpful to bring snacks and water to keep yourself satisfied and hydrated throughout our meeting.

Do not have others, including your kids, around

Mediation is about you and the other party making your own choices.

That means well-meaning family and friends should not be present to pressure or question you.

If you have children, it is important that they are not around for the session. Mediation can get very personal, and it's best not to get too "in the weeds" in front of your kids.

We recommend arranging for daycare or for the kids to spend time with family or friends until mediation is over.

But ... “phone a friend” if you have to

Sometimes you need the support of others to make that final decision. While they should not be with you at mediation, let important friends and family know you may need to touch base with them during the process so they can be available for you if you need them.

If you are represented by an attorney who is not participating in the mediation, have them on call also. Remember, the mediator cannot give either party legal advice.

Plan for after-mediation emotions

This process is about making decisions about your property, your money, and/or your kids. It is not unusual to feel emotionally drained after a mediation session.

Try to schedule some time for yourself to do something you enjoy after our meeting – or at least give yourself a little time to reflect on what we discussed.

At the end of the day, always remember that the goal of this process is to help you and the other party resolve things reasonably and amicably so that you can both move forward to the next chapter of your lives.

If you reach an agreement, it is binding upon signature. It’s normal to have “buyer’s remorse” and wonder what would have happened in court. This is normal. Trust in your ability to make choices for yourself.

Everyone deserves an opportunity to live a better life.

Mediation empowers each party to make their own choices to reach their unique agreement to resolve their legal issues. If you are ready, our team at Paradigm Shift Mediation is here to give you all the tools you need to get started.

PRESS START

OR

CALL 317-834-9800 TO SCHEDULE YOUR CONSULTATION