



# Helping you reach an agreement

How mediation works  
when relationships end  
and families change

Almost always, problems are best solved when people talk. But sometimes you need a helping hand.

When relationships end or there are disagreements, emotions can run high and talking face to face can seem like the hardest thing to do. Sometimes you need help to get the talking started and focus on what really matters to you and your family. That's where mediation comes in.

Mediation works by helping people who have decided to separate or divorce or who are trying to deal with changes in family relationships to talk things through. Mediators are trained to help you discuss and agree on the best arrangements for the future. This may be about arrangements for your children, your money or the practicalities of how life will work in the future.

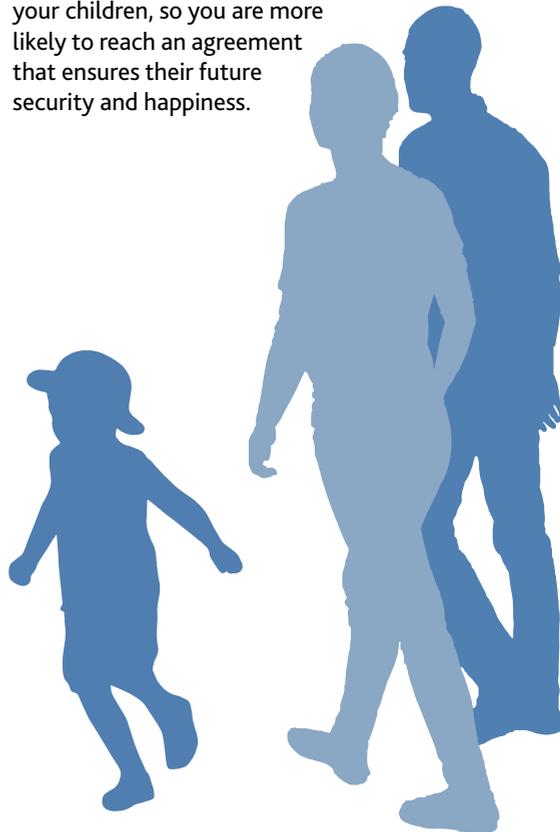
### Bringing real benefits

Mediation works because it:

- Helps you make informed decisions that are right for your circumstances, your future and the future of your family.
- Provides somewhere to talk calmly and privately.
- Can provide a cost effective solution.
- Helps children by helping their parents to work together to plan for their future.

What makes Resolution mediators special is that most are also qualified family law professionals who understand the law as well as being trained in mediation skills.

Mediation can be especially helpful where parents need to sort out how they can best raise their children even though they will no longer be living together. If you are a parent, a skilled mediator can help you focus on what is best for your children, so you are more likely to reach an agreement that ensures their future security and happiness.



### How does mediation work?

Mediators listen to you to find out what is important to you and help you to make your own choices and decisions about the best way forward. They will help you reach practical solutions which work for you, and if you are parents, for your children.

You will probably have a number of sessions together with the mediator – three to five one to two hour sessions are common. You can consult your own solicitor at any time, to take legal advice on what is best for you.

When you are both satisfied with the decisions you have reached, your solicitor will then complete the legal formalities.

### Working together

Resolution mediators usually mediate alone but can sometimes work in twos. They can help you to decide the best way to use your mediation and to choose the professional assistance that will best meet your needs and circumstances, such as financial advisors and family consultants.

### The MIAM (Mediation Information and Assessment Meeting)

Although mediation is a voluntary choice, since April 2014 most people engaged in family court proceedings are required to attend an initial meeting (a Mediation Information and Assessment Meeting sometimes referred to as a 'MIAM') to find out about the ways in which it is possible to sort things out away from the courtroom, including whether mediation is suitable for them.

Resolution's mediators can provide this meeting, and make sure that your needs (particularly where you are vulnerable) are matched to a service that suits your family's requirements.

### The right choice for you and your family

There are a number of ways to sort things out when you are separating. This might be when your family life is changing and decisions need to be made, whether you have been married, have been cohabiting, or are a grandparent or carer. Mediation works for many people, but it is not for everyone.

Your Resolution mediator will make sure you also discuss other options, which will include traditional legal advice, solicitor negotiation, the collaborative process and arbitration. Resolution's leaflet 'Divorce and Separation' explains these processes in more detail and is available to download from the Resolution website [www.resolution.org.uk](http://www.resolution.org.uk).

"Mediation just seemed to make sense as we didn't want to fight anymore now that a decision to divorce had been made. It gently took our egos out of the situation in a reassuring and balanced way. It reminds both parties that especially if there are children involved, that it really is about providing the most amicable and positive outcome for everyone."

Natasha, used mediation

To find out more about how mediation can help you, visit our website  
[www.resolution.org.uk/mediation](http://www.resolution.org.uk/mediation)

On the Resolution website you will find a directory of Resolution mediators throughout England and Wales.

Resolution mediators are also listed on the Family Mediation Council website: [www.familymediationcouncil.org.uk/find-local-mediator](http://www.familymediationcouncil.org.uk/find-local-mediator)

You can also contact us at the address below.



[www.resolution.org.uk](http://www.resolution.org.uk)  
[info@resolution.org.uk](mailto:info@resolution.org.uk)  
Resolution, PO Box 302,  
Orpington, Kent BR6 8QX  
DX 154460 Petts Wood 3  
T: 01689 820 272

Resolution is the trading name of the Solicitors Family Law Association, which is a company limited by guarantee. Company number 05234230. May 2016

