

Pre-Mediation Preparation

You may find it helpful to consider the questions below as you prepare for mediation. You are invited (not obligated) to write your answers. This is for your eyes only, and you may choose what you share.

1. List each person, including yourself, impacted by the issues to be discussed.
2. What are the needs of each person impacted? See attached list of needs.
3. If you proceed through the legal process, what do you envision as the best possible outcome?
4. If you proceed through the legal process, what do you envision as the worst possible outcome?
5. What are the costs of not resolving this issue? (Time, money, emotional energy, morale, productivity, relationships, etc.)
6. What is the situation right now?
7. What would you like for the situation to be 1, 3, and 5 years from now?
8. How will you feel in 1, 3, and 5 years if the situation becomes as you wish?
9. How do you think each person impacted by the situation will feel in 1, 3, and 5 years if things turn out as you wish?
10. What are some possible solutions that might meet each person's needs as discussed in Question 2?