



*This list is provided to help your mediation session be as successful as possible. In the hundreds of mediations our professional mediators have conducted we have discovered the following to be helpful.*

## Preparing For Mediation

- Please be prepared to explain the situation as you understand it, from your perspective in a clear, careful and concise manner.
- Please come prepared to listen to the other person(s) explain the situation, as they understand it, from their perspective, realizing it may be very different than you understand or perceive the situation.
- After explaining what you think it might take to resolve the situation, please give some thought to what you might really want once the frustration, anger or hurt is removed.

## Your Commitment to Be Constructive

- Even though I may disagree with the other person, I will be respectful, not interrupt, not be judgmental and won't make assumptions of the other person(s) intent.
- I will do my best to listen and to understand, even if I am feeling misunderstood.
- I will be honest and stay engaged in the conversation.
- I understand this is an opportunity to collaboratively and constructively resolve my conflict in a safe and meaningful manner.