

### **What is family mediation?**

Mediation involves you and your former partner sitting around a table, or being on a shared screen, to discuss matters with the help of a professional neutral trained mediator to help guide you towards solutions for you and your family. Mediation take place with you being in separate rooms, or without sharing a screen, if preferred.

Mediation is voluntary and you both decide the issues we discuss. We can discuss financial matters, matters relating to your children (if any), or both and other issues as relevant to you and your family if needed.

Mediation goes at your pace on dates and at times convenient for you both.

It is a flexible and bespoke process tailored to meet the needs of you and your family. We sometimes work with a family consultant and a financial consultant in the mediation process to help provide you with all of the support and information you need to make informed decisions.

You both make the decisions and choose your outcomes. The mediator guides you and provides legal information as needed. You can take legal advice if you have a solicitor alongside the mediation process.

### **What are the benefits of family mediation?**

- It is usually much less expensive than court proceedings;
- It enables you to resolve issues quickly;
- You can prioritise your main concerns and fix the agenda;
- It is non-adversarial and promotes constructive discussions;
- It can help preserve your future co-parenting relationship (if applicable);
- It is a confidential forum to allow open and honest discussions;
- You can have the support you need from other professionals;
- You do not have to have a solicitor to mediate.

### **What are the mediation costs?**

We offer a fixed fee for your individual meeting. The joint sessions are charged at the mediator's hourly rate per couple, i.e. if you agree to share the mediator's costs equally you pay for time charged at half of our mediator's hourly rate.

### **What is hybrid family mediation?**

Hybrid family mediation works in generally the same way but your solicitors are present to provide you with legal advice in the sessions and to assist with the negotiations. Our mediator is trained in hybrid family mediation.

### **How do I start the family mediation process?**

Please contact us and we will arrange for you to meet with our mediator individually before moving to your first joint session, if mediation is considered suitable by everyone.

### **What is a MIAM?**

This is a Mediation Information and Assessment Meeting. This is usually required before you can make a court application. Our mediator can offer statutory MIAMs as she is accredited to do so by the Law Society.

### **About our mediator Sarah French**

Sarah is an experienced Resolution trained and Law Society Accredited family mediator. Sarah is also trained in hybrid family mediation. Where beneficial, Sarah also offers collaborative mediation with a family consultant or a financial consultant, ensuring all her clients' needs are met and increasing the likelihood of successful outcomes to her mediation.

