



REGAN PEGGS MEDIATION CHECKLIST



WHAT SHOULD YOU CONSIDER BEFORE YOU CONTACT A MEDIATOR?

Do you and the other party both agree to mediation as a way forward for your dispute?

WHAT SHOULD YOU CONSIDER BEFORE YOUR MEDIATION SESSION?

What do you want to achieve? List your objectives in order of priority.

1. _____
2. _____
3. _____
4. _____
5. _____

What do you think the other person wants to achieve? List their objectives in order of priority.

1. _____
2. _____
3. _____
4. _____
5. _____

REALISTIC SOLUTIONS

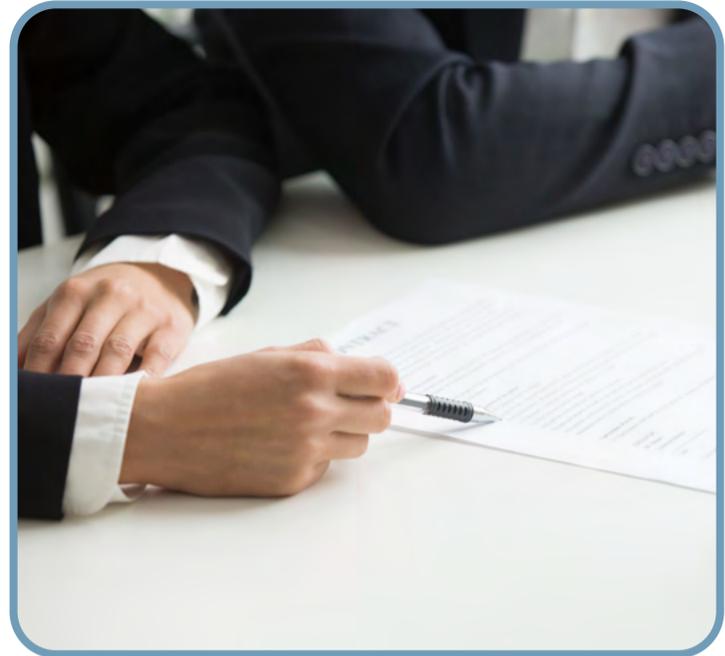
If communications have been difficult, **what can you both do differently**, that is realistic and achievable?

If you have relevant **children**, **what are their wishes and what are their needs?**

If the children are older, is your mediator qualified to meet with them and take their **views**? Would this be helpful?

If relations have been difficult, what do you do/say that wind the other up? **Can you avoid pressing those buttons?**

How can you react differently if the other says anything which winds you up?



IMPROVE COMMUNICATIONS

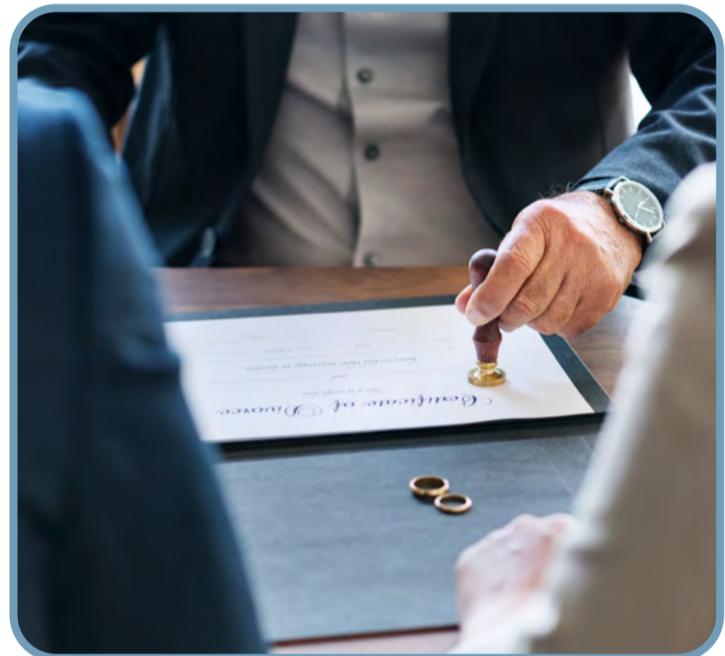
What can you do to help the other person achieve what they want, and help them to help you to achieve what you want?

When offering things, **what can you realistically deliver?**

When asking for the other to do things, **what can they realistically deliver?**

If you have let the other down, **what can you do** to demonstrate that you are reliable or can be trusted?

If you have been let the other down, **what can the other person do** to demonstrate to you that they are reliable or can be trusted?



FINANCES

If you are discussing financial issues, then **how quickly can you provide full and frank disclosure of your means?** (So that you can get onto negotiations quicker)

If you do not resolve matters in mediation, **how much will it cost to go to Court?** (think about both the financial and emotional cost)

