

Preparing for Your First Mediation

A short, practical guide to help you walk into your first mediation session feeling clear and prepared — not anxious about what to expect.

Before your first session

You don't need to prepare a legal argument. Mediation works best when you arrive ready to talk plainly about what matters to you and what a workable outcome might look like.

- Write down, in your own words, the two or three issues that matter most to you.
- Think about what a realistic, workable outcome could look like — not your ideal outcome, a workable one.
- Note any practical constraints (finances, time, other commitments) the mediator should understand.
- If relevant, jot down questions you have about how the process works.

What to bring

- A valid form of ID
- Any documents directly relevant to the issues being discussed (only what's genuinely needed)
- A list of your key issues and priorities
- An open mind about possible outcomes

What not to bring or do

- You do not need to bring extensive legal argument or prepared "cases" against the other party.
- Avoid arriving with a fixed, non-negotiable position — mediation works through flexibility.
- Confidential documents should not be shared before an appropriate secure process is in place.

On the day

Sessions are paced to the issues at hand. Karen will set out how confidentiality works, how the session will run, and give you space to raise anything before the substantive discussion begins. You are free to ask for a break at any point.

This guide provides general information only and does not constitute legal, tax or financial advice. Every situation is different — an introductory consultation is the best way to get guidance specific to yours.