What is Mediation?

Mediation is an informal and flexible dispute resolution process; an opportunity to enable individuals to come to mutual agreement(s) to resolve their issue(s) with the help of a Mediator.

Once parties reach an agreement a, “Mediation Settlement Agreement” is signed and parties are bound by a contract which becomes a stipulation of the court. This can only be changed by court modification.

Several factors come into play in the mediation process which requires special training on the part of the Mediator. A skill set is needed with a background in helping to resolve ambivalent personalities. Keeping parties focused on reaching a resolution can be challenging, but is entirely attainable considering there may be strong emotions and differing points of view.

As an Accredited Certified Family Law Mediator: I have training, experience and background, to help my clients become more open to considering perspectives other than their own. This is where self-discovery can take place and personal growth can be helpful. Beneficial skills and abilities differentiate me from other Life Coaches. I am a results oriented individual who genuinely seeks to help clients reach their ultimate goals.

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