



Preparing for Mediation Checklist

Family Dispute Resolution

SHAW MEDIATION
AUSTRALIA



Thank you for contacting SHAW Mediation to assist with your Family Dispute Resolution. To assist you in being as ready for the day as possible, we've put together a checklist of things you may want to consider as you prepare for mediation. There is space for you to jot down thoughts if you want, but its not necessary. We just want to make sure that the time we spend with you is productive & empowering, and that we can together achieve a better outcome.

PART 1—My Thoughts heading into Mediation

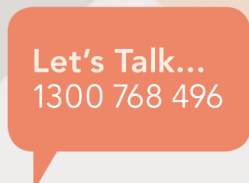
What questions do I have?

What are my greatest fears going into Mediation?

What are the barriers in getting this resolved?

What are the things I need to take into account & negotiate around?

<input type="checkbox"/>	Children	<input type="checkbox"/>	Pets	<input type="checkbox"/>	Work Conditions (eg.nightshift)
<input type="checkbox"/>	Property	<input type="checkbox"/>	Vehicles	<input type="checkbox"/>	Parent Illness
<input type="checkbox"/>	Extra-curricular	<input type="checkbox"/>	Child support	<input type="checkbox"/>	Christmas/Easter/Birthdays etc
<input type="checkbox"/>	School/ education fees	<input type="checkbox"/>	Interstate/ overseas travel	<input type="checkbox"/>	Other



PART 2—Thoughts on Children & Parenting

What are some of the issues that are unsettling you at the moment?

Describe yourself as a parent, your strengths, your weaknesses...

Describe the other parent, their strengths, their weaknesses...

What behaviours of the other parent, are unacceptable to you?

Before separation how did you resolve disputes with the other parent?

Are you willing to acknowledge your contribution to the current situation?

Describe a typical day for the children...

What is the role and relationship with grandparents?

Are you willing to accept responsibility as a parent?

What would my ideal life look like after separation, once mediation is over, and a plan is in place?

Do I consider myself financially responsible for my children, and if so how much?

How much is or should the other parent be financially responsible for your children?

How do you spend your time & look after yourself, when the children are not with you?

Let's Talk...
1300 768 496

PART 3 — Further thoughts

What do I need legal clarification on?

What is the worst case scenario for you & the children and why?

What is the best case scenario for you & the children and why?

At what point do I want these parenting arrangements reviewed in the future?

If I had to compromise a little, what outcome would I be happy with?

When will we do a parenting plan? When do I want it to take effect?

Is there something I know I can do better to contribute to a better outcome?

My current feelings are...

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