



# Three Tips on how to prepare for a MIAM or an initial meeting with a mediator

Mediation can assist families to find solutions, help with communication and reach a settlement regarding their disputes.

MIAM (Mediation Information and Assessment Meeting) is a confidential meeting, giving you the opportunity to speak to a mediator and discuss options on a confidential basis, leading to finding out more about the process.

But how to best prepare for your individual meeting with your mediator?

Here are some top tips:

## Be honest

The meeting is completely confidential, and your information will not be shared with anyone (subject to some safeguarding exceptions). It is important for the mediator to know what your concerns and worries might be in relation to your current situation. You should be open and honest about your concerns and there is no point of hiding something that may later cause mediation to be ineffective or unsuitable.

## Share your story

It is important for the mediator to know what happened to you, what your priorities are and what you would like to achieve within the mediation process. There will be a need to provide some information about your relationship, finances and children so that the mediator can get to know you and understand your circumstances. At this stage it is only initial information, however, the



more information you provide, the easier it is for a mediator to assess the suitability of mediation and work WITH you to see how the process can work FOR you or whether a different form of dispute resolution is more suited to your needs.

### Ask questions

This is your opportunity to ask questions. It would be helpful for you to write a list of questions ahead of the meeting to ensure that nothing is forgotten. You are able to discuss anything and everything at this stage. Your mediator will be happy to answer all of your questions. Some of these questions might perhaps be easier for you to raise in the individual meeting rather than the joint meetings that will follow once you agree to participate in mediation.

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