



Mediation

What does Alternative Dispute Resolution mean?

Before going down the court route, ADR (Alternative Dispute Resolution) should be considered. Basically, alternative dispute resolution is an alternative to litigation / court.

In sensitive matters – in either business or personal life - ADR does not add to the conflict in question, where a Court situation can. It is a less stressful method for the individuals who are already involved in stressful situation.

There are many forms of ADR:

- Structured Negotiation
- Collaborative Law
- Mediation
- Arbitration We will now look at Mediation.

What is Mediation?

Mediation is a swift, cost efficient method of dispute resolution. It is based on the principle that people can resolve their own disagreements if given the right encouragement. Mediation is a non-adversarial method of dispute resolution, one which facilitates the wishes of all parties involved in order to produce an appropriate result.

What is a Mediator?

A mediator is not the decision maker but an independent, third party to the process.

The function of a mediator is to facilitate a resolution between the parties. A mediator does not judge who is right or who is wrong, but works with parties to help them arrive at a solution to satisfy their interests.

The mediator in a case will always remain impartial and act for all parties objectively.

John M. Lynch is an Accredited Mediator and often meets with people who are in dispute. His function at Mediations is to aid an agreement between the parties, not to decide the outcome for them.

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