
MEDIATION & ADR



MEDIATION & ADR WHAT YOU NEED TO KNOW

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01 WHAT IS ADR?

ADR includes:

1. Mediation
2. Arbitration
3. Collaborative Law
4. Private FDRs

02 MEDIATION

A trained mediator helps you reach agreement.

Benefits:

1. Faster
2. Less expensive
3. Private
4. Child-focused

Not suitable where:

1. Abuse is present
2. Urgency is required
3. One party refuses disclosure



03 ARBITRATION

A private judge makes a binding decision. Fast, expert-driven, confidential.

Ideal for:

1. Financial disputes
2. Specific issues
3. Urgent decisions

04 PRIVATE FDR (FINANCIAL DISPUTE RESOLUTION)

A senior lawyer or retired judge gives an indication, helping couples settle.

Advantages:

1. Expertise
2. Speed
3. Predictability

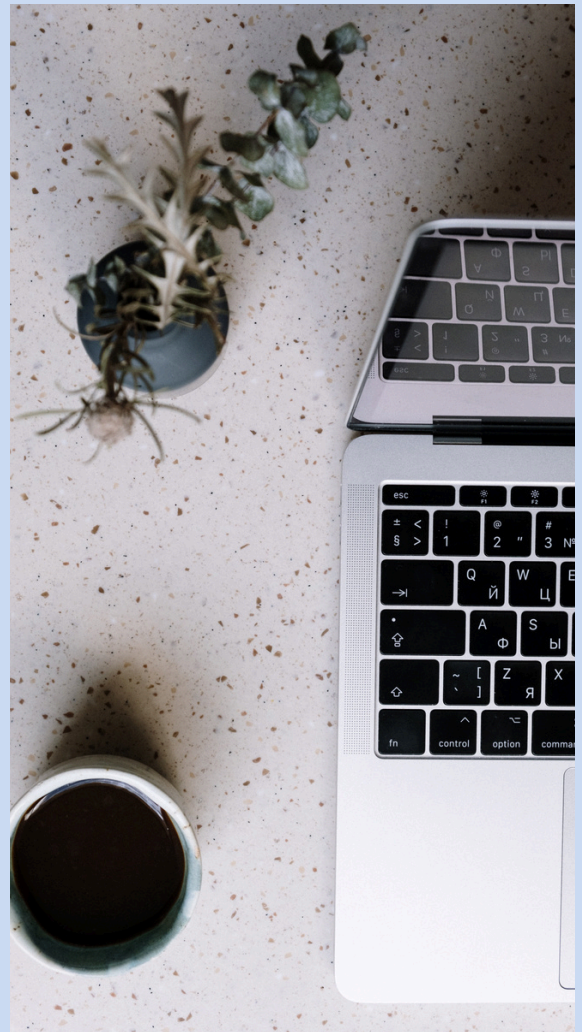
05 COLLABORATIVE LAW

Solicitors work together to reach agreement, avoiding court.



KEY QUESTIONS

1. Which ADR method suits my case?
2. How soon can we start?
3. Do we need expert input?



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