



Divorce Mediation Guide

A Clear Path Forward

Divorce is one of life's most difficult transitions. For many couples, the traditional courtroom process can add unnecessary stress, cost, and conflict. Divorce mediation offers a more thoughtful approach—one that allows you to work through important decisions together with guidance and structure.

This guide is designed to help you understand how mediation works, what to expect, and how to prepare.

What Is Divorce Mediation?

Divorce mediation is a process where a neutral third party—the mediator—helps both spouses reach agreements on the issues involved in their divorce.

Rather than having decisions made by a judge, mediation allows you and your spouse to:

- Maintain control over outcomes
- Work through decisions collaboratively
- Focus on practical, long-term solutions

The mediator does not represent either party. Instead, they guide the conversation, help clarify issues, and support productive discussion.

Issues Addressed in Mediation

Mediation can help resolve many aspects of divorce, including:

- Parenting plans and schedules
- Child support
- Alimony (spousal support)
- Division of assets and debts

- Real estate and property decisions
- Retirement accounts and financial planning

Every situation is unique, and mediation allows you to tailor agreements to your family's specific needs.

What to Expect from the Process

Mediation typically begins with an initial meeting where both spouses meet with the mediator to discuss the process and outline key issues.

From there, the process generally includes:

1. **Information Gathering** – Both parties share relevant financial and personal information
2. **Discussion and Negotiation** – Issues are addressed one at a time in a structured setting
3. **Decision-Making** – Options are explored and agreements are developed
4. **Drafting the Agreement** – A written agreement is prepared for review and filing

Most couples are able to reach a full agreement in a series of sessions, scheduled at a pace that works for them.

Benefits of Mediation

Many couples choose mediation because it offers:

Greater Control

You make the decisions, not the court.

Reduced Conflict

A structured, respectful process can help maintain communication and minimize tension.

Lower Cost

Mediation is often significantly less expensive than litigation.

Privacy

Discussions remain confidential and out of the public court record.

Better Long-Term Outcomes

Agreements reached together are often more practical and sustainable.

How to Prepare for Mediation

Being prepared can help the process move more smoothly and productively.

Gather Financial Information

This may include income, assets, debts, and monthly expenses.

Think About Priorities

Consider what matters most to you—whether it's parenting arrangements, financial stability, or long-term planning.

Be Open to Discussion

Mediation works best when both parties are willing to listen, consider options, and work toward solutions.

Stay Focused on the Future

The goal is not to revisit past conflicts, but to create a workable path forward.

When Mediation May Not Be the Right Fit

While mediation works well for many couples, it may not be appropriate in every situation. Factors such as unwillingness to participate, lack of transparency, or certain high-conflict dynamics may require a different approach.

An initial consultation can help determine whether mediation is the right fit for your circumstances.

Moving Forward

Divorce mediation provides an opportunity to approach divorce with clarity, respect, and a focus on what truly matters. With the right guidance, many couples are able to resolve their divorce in a way that reduces stress and supports their family's future.

If you are considering divorce mediation, taking the time to understand the process is an important first step.

When you're ready, we're here to help you start the conversation.