

Mediation Preparation Notes

This worksheet helps you clarify your goals, priorities, and realistic outcomes before a Family Dispute Resolution (FDR) or mediation session. Completing this in advance helps discussions stay focused, constructive, and workable in real life.

1. Your Key Goals

- What do you most want to achieve from this mediation?
- What outcome would make this process feel worthwhile for you?
- What are your non-negotiables (things you cannot agree to)?

2. What Matters Most

- What are your top priorities (e.g. stability, certainty, time with children, financial security)?
- Which issues matter most right now, and which could be resolved later?

3. Possible Options

- What options could realistically meet both parties' needs?
- Are there alternative arrangements you would consider if your preferred option is not accepted?
- Where might compromise be possible?

4. What 'Workable' Looks Like

- What arrangement would work in everyday life (school/work routines, distance, costs, time)?
- What would reduce conflict and make compliance easier?
- What arrangement would still work if communication is difficult?

5. Practical Constraints

- Are there financial, work, health, or housing constraints that affect what is realistic?
- Are there time pressures or upcoming changes (school terms, relocation, holidays)?

6. Safety and Support

- Are there any safety concerns that must be addressed first?
- What boundaries or safeguards are needed for discussions or arrangements?

7. If Agreement Is Reached

- What would need to be clearly written down to avoid future misunderstandings?
- Would you want the agreement formalised (e.g. consent orders, written agreement)?

8. If Agreement Is Not Reached

- What would you want the next step to be?
- What outcome would still feel like progress, even without full agreement?