



Quick Guide: Am I Ready for Mediation?

You do not need to have every fact, document, or answer before participating in mediation. Mediation can help parties organize issues, exchange information, and explore solutions.

Ask yourself these questions:

1. Do I Understand the Dispute?

Can you explain:

- What happened?
- Why there is a disagreement?
- What concerns you most?

2. Do I Have the Key Information?

Gather any documents that may help explain the situation, such as:

- Contracts or agreements
- Emails, texts, or letters
- Reports, estimates, or invoices
- Photos or other evidence

You do not need every document, but having the most important information available is helpful.

3. What Outcome Am I Hoping For?

Think about:

- What would resolve the dispute for you?
- What issues matter most?
- What solutions would you consider?
- Am I willing to listen and negotiate?

4. What If I'm Still Gathering Information?

That's okay. Many mediations begin before every question has been answered. The mediation process can help identify what additional information may be needed.

Remember: You do not need to have everything figured out before mediation begins. The goal of mediation is to help parties work through disagreements and explore solutions together.

Questions about the mediation process? Contact the C.A.R. Dispute Resolution Center at mediation@car.org.