



TOOLS FOR A SUCCESSFUL DIVORCE MEDIATION

- **Supporting Professionals** Such As:
 - Certified Divorce Financial Analysts
 - Attorneys
 - Therapists
 - Accountants
 - Financial Planners
 - Other

- **Good communication** – sticking to the facts, avoiding emotions (as much as possible)
 - Stop making assumptions
 - Feedback loop – speaking, listening, clarifying
 - Use “I” Statements
 - Stick to topics outside of sessions that can be successful conversations

- **Our Family Wizard** – Communication App (if you have children)
- **Focus on present and future**, not the past
- **Be creative** – focus on interests and goals, not positions
- **Be open to trying on ideas** for settlement
- **Understand your family is unique**, there is not a “one size fits all” agreement
- **Respect** different perspectives
- **Be patient** with the pace
- **Full disclosure** of issues and finances
- **Take a break** if you need one
- **Self-Care** (in and outside of the mediation room)
 - Hobbies: new and old (what feeds you?)
 - Exercise (walking, hiking, biking, gardening, etc.)
 - Quiet Time (time away from the process)
 - Allow the grieving process
 - What do you enjoy?
 - Connect with family and friends
 - Be kind to yourself and your spouse
 - Save tough conversations for meetings