

Pre-Mediation Coaching

1 ½ - 2 hour session

Preparing well before mediation or a legal conference increases your chance of a successful outcome.

You will develop skills to effectively communicate your message and help avoid being triggered by the other party.

When emotions and stakes are high this can be difficult to achieve, especially in negotiations about children's issues and/or property settlements. Nerves, unfamiliar environments and no previous experience can combine to overwhelm and result in loss of confidence plus impact your ability to clearly convey your thoughts and wants. This can result in feeling pressured to agree to something you may later regret or - giving in altogether!

Coaching helps you develop and hone the skills you will need to participate confidently and get you mentally prepared to interact and actively engage in the process from a position of strength plus identify strategies to manage out of control emotions. Being better prepared also reduces your stress levels which enables you to think and respond more calmly and clearly.

We will work through a preparation workbook (optional) which then becomes your resource to review your new skills and knowledge.

Face to face sessions enable practice and role play along with feedback for improvement. This is very important to help with nerves, presentation and a presence of strength on the day.
What we cover:

- **IN LINE WITH YOUR LEGAL ADVICE**, we will look at your needs and interests to clarify and generate options and alternatives helping you work towards a resolution by:
 - setting clear goals of what you want to achieve and making sure they align with your long term objectives
 - prepare and practice *what you want to actually say* and how you are going to deliver this, to ensure you are using positive communication statements, clearly and confidently
- Advanced communications skills to convey clear messages
- Techniques to manage emotions and stay in control
- Tools to help you develop insight into behaviours we choose allowing you to better manage yourself
- How to present yourself plus body language that impacts

Mediation specific skills about:

- asking questions to enquire
- gathering information from the other side constructively
- making proposals positively

We will prepare, practice and refine the use of these tools.

Pre-mediation coaching will help you:

- Have a clearer understanding of your needs and interests, gaining clarity to focus on what you want to achieve plus strategies to do so
- Have prepared statements which express your wants in an emotionally intelligent and professional manner
- Feel more confident in your skills to participate as an equal in the process and prepared for arguments, without feeling intimidated by adversarial comments
- Have increased skills to help you participate more fully and clearly communicate what you want to say
- Understand and practice the language of asking powerful questions and making proposals to more effectively participate in the process and be equipped with the skills and language to do so
- Understand how to present yourself and stay in your power
- Be better able to deal with strong emotions from yourself and the other side
- Feel less nervous and more prepared and know what you want to achieve
- Have tools to help you feel empowered, managing your feelings to stay in control and not get hijacked by out of control bursts of anger or behaviour



*While the Mediator is neutral ... I'M NOT.
My objective is your improved performance!*

Costs: \$220 (+GST) per hour

For more information please contact:

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