

ADR Insights: Thank You!

By: Sylvia Mayer
Arbitrator, Mediator & Attorney

Thank you. Two powerful, yet simple words. As an arbitrator and a mediator, I have so much to be thankful for, which I thought about as I read Dr. Seuss's *Thankful Things*.

In this story, Thing 1 and Thing 2 from *The Cat in the Hat* are two thankful things who share with us all that they are thankful for.

Thing 1 and Thing 2 are thankful for what each day brings. Thing 1 and Thing 2 are thankful for things to learn and things to make. And they are thankful for things to fix the things that break.

Thing 1 and Thing 2 are thankful for stories. And for each other. They are thankful for many other things.

But most of all, Thing 1 and Thing 2 are thankful for you.



Thankful Things beautifully captures all that I am thankful for too as a mediator and arbitrator.

Just like Thing 1 and Thing 2, I am truly thankful for what each day brings.

I am thankful for things to learn. As both an arbitrator and a mediator, I learn from the parties every day. I learn about facts and law. I learn about thoughts and feelings. I learn about obstacles, options, opinions, and outcomes.

I am thankful for things to make. As a mediator, I help the parties make a path to resolution through settlement. As an arbitrator, I work with the parties to make a schedule and design a process tailored to their dispute.

I am thankful for the ability to fix the things that break. As both an arbitrator and a mediator, I fix deadlines and problems. And whether through reaching a settlement in mediation or through the issuance of an award in arbitration, we often fix what is broken and bring closure to the parties.

I am thankful you share your stories. As both a mediator and an arbitrator, I hear your stories, your challenges, and your pain.

Just as with Thing 1 and Thing 2, what I am most thankful for is you.

Thank you to those who read my writing or watch my videos. Thank you to those for whom I have had the privilege to serve as mediator or arbitrator. Thank you for teaching me and learning with me. Thank you for sharing your stories with me. Thank you for making things with me. Thank you for fixing things with me. And thank you for being you.

Author's Note: As a mediator, I am a "forever student" always seeking new ways to help people find a path to resolution in mediation. As a parent, I have spent a gazillion hours reading books to my children. Often, these books teach me new ways to approach conflict resolution. In this case, Dr. Seuss's "Thankful Things" inspired this post.

Disclaimer: Nothing contained herein constitutes legal advice nor does anything contained herein create a professional relationship.