

MAYER MEDIATION MINUTE: The ABC's of Mediation

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As a mediator, I often say that I rely heavily on the ABC's of mediation. What are the ABC's of mediation?

A: I am an analyst. I analyze the facts and the law. I analyze options, outcomes, and the cues that I receive from the parties.

B: I am a bartender. Very often in a mediation, one or both parties need to tell their story. Sometimes more than once. I listen. I listen patiently and empathically. And I listen as often as they may need.

C: I am a chameleon. I adapt throughout the process. I may change from room to room or hour by hour in an effort to meet the needs of each of the parties and facilitate finding their path to resolution.

So, as a mediator, when I say that I rely on the ABC's of mediation, I mean that I analyze, I listen, and I adapt.

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