

## WHAT IS MEDIATION?

Mediation is a voluntary process that allows the parties to a dispute an opportunity to address their issues in a confidential, private and safe environment. Mediators are trained in conflict resolution skills and techniques and have the expertise needed to help people resolve their disputes. Mediation is effective in a huge variety of disputes. It's key benefits include:

- The likelihood of a speedy and efficient resolution;
- Mediation encourages mutual respect and provides a basis for family members to interact in the future in a useful, civilised way.
- The fact that the parties to the conflict decide on how it will be resolved.

## IF YOU NEED TO FIND AN ACCREDITED MEDIATOR DURING COVID-19 CRISIS

Online mediation is available for those who need structured assistance during Covid-19 restrictions.

Employee disputes, co-parenting disputes, family disputes and contract disputes all continue to happen throughout these difficult times.

Many of our MII mediators are offering mediation using online platforms such as GoToMeeting and Zoom. We are all becoming very familiar with these easy to use platforms, and the mediator can assist you with information about the process and the facilities.

You can search for an MII mediator on Find a Mediator on [www.themii.ie](http://www.themii.ie) You may search by location, name of mediator or speciality for example (e.g. Workplace, Elder, Family, Commercial etc.) and use keywords such as Zoom, Online, Virtual or Skype.

## TOP 6 MEDIATION SKILLS FOR A "PEACEMAKER"

1. **Actively listen when a person explains their issue**
2. **Summarise the issue and say it back to the person, so everyone can understand.**
3. **Ask further questions if necessary, so everyone has clarity.**
4. **Work together to identify options that may help to resolve the issue in dispute**
5. **Assist those in dispute to agree or write out a workable solution, and test run it!**
6. **After a few days check in with each person to see if matters have improved for them**

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# MEDIATION TIPS FOR HOUSEHOLD PEACEMAKERS DURING THE COVID-19 CRISIS

***“MEDIATION CAN HELP YOU TO WORK TOGETHER TO RESOLVE THE ISSUES THAT ARISE FROM LIVING TOGETHER DURING THE COVID-19 RESTRICTIONS”***



## HOW TO MEDIATE HOUSEHOLD CONFLICTS

Agree which members of the household would like to act as Peacemaker/Mediator.

If a dispute arises those in dispute call in the services of the Peacemaker/ Mediator before the situation escalates out of control.

The role of the Peacemaker/ Mediator is to help the disputants to reach a workable compromise or resolution.

The Peacemaker/ Mediator should chair the meeting and set the ground rules: when one person is speaking no-one will interrupt, everyone will communicate respectfully, all issues will be raised and discussed and the Peacemaker/Mediator will assist everyone to find a resolution.

## FORMULA FOR MEDIATION

1. Peacemaker/ Mediator listens as each party outlines their point of view as to what the issue is.
2. Peacemaker/ Mediator asks each party to offer options that might help resolve the problem and to number these in their order of preference.
3. The Peacemaker/ Mediator writes these on a sheet and explores them with the parties.
4. The Peacemaker/ Mediator encourages the parties to see how they can resolve the problem taking into account everybody's needs.

This formula could help reach agreement on most areas of household activities and ensure that everyone has their preferences taken into account to some extent.



## BENEFITS OF MEDIATION



**SPEEDY AND EFFICIENT**

**ENCOURAGES RESPECT FOR EACH OTHER**

**YOUR FAMILY DECIDE YOUR OWN SOLUTIONS**

STATISTICS SHOW A SUCCESS RATE FOR PROFESSIONAL MEDIATION AVERAGING

**80%**

CONTACT A PROFESSIONAL MEDIATOR

**WWW.THEMII.E**

## HOUSEHOLD ISSUES THAT MEDIATION CAN HELP TO RESOLVE INCLUDE:

### Boundaries and Personal Space

Agree to;

- Where possible, give each other personal space
- Be patient with each other
- Communicate respectfully and early where there is a problem
- Nominate a "peacemaker" for each week

### Family Entertainment

- Agree family/household TV viewing times
- Agree use of computers and game consoles.
- Agree daily exercise/outdoor activities
- Agree family/household games

### Household Chores

- Agree who will do the next shopping, and run a list
- Set out a weekly household chores rota
- Agree a weekly meals preparation rota and washing up

### Work/study

- Agree private time/space for those working from home
- Agree private time/space for those studying at home
- Agree private time/space for those needing some "downtime" i.e reading, playing an instrument etc.

### Contact with family members

- Continue co-parenting arrangements where there are two homes, subject to any Covid-19 restrictions
- Where scheduled co-parenting cannot continue ensure ample communication with the other parent via digital platforms or telephone
- Schedule Grandparent/extended family time online
- Schedule time with friends online