

This kit is not only about the equal division of resources and childcare, it is about shared parenting based on shared values, cooperation and communication.

It will:

- 👤 Ask questions to help you and your ex reach decisions that you can both live with and will be willing to keep.
- 👤 Prompt you to consider what you want to preserve from the past, but move you into the future. It asks you to consider what you want for yourself and your children in a few years time.
- 👤 Open your mind to the more creative solutions that others have found.
- 👤 Provide guidance on how best to communicate and when to take a break.
- 👤 Offer tips on how to stop old patterns of behaviour returning.
- 👤 Assist you to prepare for more formal procedures, if that becomes necessary.

It will not:

- 👤 Tell you what to do.
- 👤 Tell you when, or how to do it.
- 👤 Help you to win the argument, or seek revenge.

It is fundamentally about the best outcome for your child, or children.

It is unique:

- 👤 This kit combines three areas of knowledge: professional mediation with vulnerable people, parenting expertise and family mediation.
- 👤 It is written with the intention of empowering those in dispute to positively manage their own separation.

Who are *guided* Mediation?

We are two mediators who want to put the tools of mediation into the hands of those that need them. We have no profit agenda other than to cover our costs, our profit goes to charities who support children.

Ian Findlay

Has been a teacher in Inner London and later a Parenting Adviser. He has over forty years experience of the effects of single parent families on the low attainment and aspirations of London's youngsters. He is Chair of the East London Branch of Families Need Fathers, a strong advocate of shared parenting and a trained Family Mediator.

Zanne Findlay

Has been a mediator for nineteen years, specialising in developing and providing mediation within social care, health and education. Her focus has been on making mediation accessible and understandable to people who are vulnerable because they are facing major changes or challenges in their lives. She is Chair of Carers Lewisham.

We are brother and sister in law.

What does it cost?

£25, for two copies of the five elements:

Self-reflection; Parenting Plan; Financial Plan:
DIY mediation & Resources & Glossary.

Plus: access to our online forum and blog.

How do we access it?

You download it from our website, save it to your computer and fill it in at home.

The purchase price covers a second copy which you can forward to your ex.

Once completed how much you share and who with is up to you both.



www.guidedmediation.uk



- 👤 Are you going through a divorce, or separation?
- 👤 Do you have a child, or children, whose future you want to secure?
- 👤 Do you want to avoid acrimonious and costly legal procedures?

THEN THIS IS FOR YOU

Why?



Unique, affordable, comprehensive & empowering

By using these mediation tools you can work – together or apart – to lessen the impact of your separation or divorce on your children.

guided Mediation will help you to get your priorities straight and help you preserve what is most important to you as a parent.

You can save money, avoid the need for acrimonious legal proceedings and create a plan that will work for the benefit of all.

This process puts you in control of the most important decisions you can make for your children and provides you with step by step guidance and access to a forum and blog for ongoing support.

Self-reflection: Questions that create the foundation for the more practical decisions. A chance to reflect on your own parenting. Separate off your feelings about your relationship from your decisions about childcare and finances.



A thinking parent's mediation

What beliefs, opinions or values did you share?

What do you need to leave behind?

What do you need to hold on to?

What is your number one wish for your child?

What could be the worst consequences of your separation?

Parenting plan: Recognising that things have changed for you both, how will you share your parenting? There are the straightforward decisions to be made and then the larger issues to consider, like how to explain the changes to your child.

A practical plan for shared care

How will we manage two homes?

How will we handle contact?

What is important to you both about food, bedtimes, health and safety?

How will we manage any special needs?

When should we tell the kids?

How have other parents handled this?

Financial plan: We know that equality isn't necessarily about chopping everything in half, so we suggest a more creative response: that you reflect on what fairness would feel like to you, before you get your calculators out.

The division of your assets

What does fair mean to us? How would a court approach our situation?

Are there other, more creative solutions?

What have other couples done?

What are our assets and liabilities?

DIY mediation: Want to work things out together? Here are some of the conflict resolution tools that mediators use. They will help you plan for any face-to-face meetings, avoid potential pitfalls and recognise when the timing is just not right to keep pushing ahead.

DIY Mediation & Resources

Managing difficult conversations.

What not to say and why.

Mediation skills & approaches.

Going round in circles.

Will we need a mediator?

Resources & Glossary:

Legal terminology and links for court documentation and advice.

