

IS MEDIATION RIGHT FOR YOU NOW?

While Mediation does have advantages in terms of the amount of time, energy and thus stress it takes up for the individuals involved compared to other processes for dealing with conflict and disputes in the workplace, it may not be the right process for you to engage in at this point in time. The short questionnaire below will help you determine to what extent you are ready to engage effectively in Mediation.

For each of the 10 statements below, mark it between 1 and 5, where

5 = Yes, I am open to looking at it in this way

4 = Yes, I can see that to some extent and am open to reflecting on this further

3 = Not sure, I need to think this through some more

2 = Maybe but I'd take a lot of convincing

1 = No, I really don't see it like this at all

I am open to hearing and understanding the other person's point of view

1	2	3	4	5

I am willing to consider and accommodate the other person's key needs and interests

1	2	3	4	5

I will spend time reflecting on what I will say so that it will be constructive and future focused

1	2	3	4	5

I have reflected on my contribution to the difficulties we are both in, and will be able to acknowledge this to the other person

1	2	3	4	5

I can visualise us getting this sorted and get back to a good working relationship

1	2	3	4	5

For more information about our services, visit our website www.consensusmediation.ie or email us at: mary@consensusmediation.ie or phone +353 (0)71 9651966

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I am open to exploring how I can improve my skills, attitude and knowledge in order to ensure this working relationship gets back on track

1	2	3	4	5

I will be able to let go of any anger and hurt that I have felt

1	2	3	4	5

I see this conflict as an opportunity to develop both personally and professionally

1	2	3	4	5

I know that their point of view is as valid for them as my point of view is for me.

1	2	3	4	5

I am more interested in resolving these issues than in proving I am right and they are wrong.

1	2	3	4	5

Higher scores indicate that Mediation is a process that would work for you and that you are ready to meet the challenges that conflict brings and learn from them.

Lower scores indicate that Mediation may not be the right process for you at this point in time and that you might feel quite hard done by, in a process that focuses more on moving forward than deciding who is right and who is wrong.

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