

Brim Mediation

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PREPARING FOR YOUR DIVORCE OR CHILD SUPPORT AND CUSTODY MEDIATION

1. Understand the Mediation Process

- Familiarize yourself with how mediation works.
- Know the role of the mediator and what to expect during the sessions.

2. Gather Important Documents

- Financial statements (income, debts, assets).
- Tax returns from the past few years.
- Bank statements.
- Retirement account statements.
- Property deeds and titles.
- Any prenuptial or postnuptial agreements.
- Child-related documents (school records, medical records, etc.)
- Probate or other estate documents showing sources of premarital property not subject to division of assets.

3. Define Your Goals and Priorities

- Identify your non-negotiables and areas where you can compromise.
- List what you want in terms of child custody, support, and property division.

4. Develop a Parenting Plan (if applicable)

- Outline your vision for co-parenting.
- Discuss schedules, decision-making, and communication methods.

5. Prepare a List of Questions and Concerns

- Write down any questions you have about the process.
- Note concerns you want to address during mediation.

6. Consider Your Emotional State

- Reflect on your feelings about the divorce.
- Discuss the mediation process with a trusted advisor or attorney, especially regarding your expectations and what is realistically achievable
- Think of the mediation process as an opportunity to bring closure. It should be viewed as a step to the healing process for your family. Children's interests are of paramount importance.

8. Plan for the Day of Mediation

- Choose appropriate attire to convey seriousness.
- Arrive on time and allow for travel contingencies.
- Bring all necessary documentation and materials.

9. Practice Communication Skills

- Work on active listening and clear expression of your thoughts.
- Avoid aggressive or confrontational language.

10. Stay Open-Minded

- Be prepared to consider alternative solutions and compromises.
- Remain focused on reaching a resolution rather than winning.

11. Follow-Up After Mediation

- Take notes during the mediation to remember agreements made.
- Discuss the outcomes with your attorney for any necessary follow-up actions.

By following this checklist, you can approach your divorce mediation with clarity and confidence, ultimately leading to a more constructive negotiation process.