

## **Mediation Audition Copy – Rev. 1**

Welcome to the Maryland court's video series on mediation. This series will introduce you to the mediation process. This is one type of alternative dispute resolution, known as ADR. In this first video, you will learn what mediation is and about its many benefits. Be sure to watch the other videos in the series on where to find a mediator and how to participate in mediation. Let's get started.

### **What is mediation?**

Often, people in conflict go to the court for a solution. The court process can be long, stressful, and expensive, with no guaranty of a favorable result. A judge or jury makes all the decisions. Someone wins, and someone loses. And sometimes, neither side gets what they want. Mediation is an alternative way to resolve your conflict, and it gives the participants an opportunity to control the outcome.

In mediation, a neutral person, the mediator, meets with the people involved in the situation. It brings people together to listen to each other and help find common goals. Each person has a chance to speak, to be heard, and to hear each other. The goal is for the parties to create their own solution to resolve the conflict.

Mediation can be used in a variety of situations. It can be part of a court process, or you can choose to go to mediation independently. If a court requires someone to go to mediation, what happens is voluntary. If you do not reach a solution that meets your needs, you cannot be forced to agree to anything. When no agreement is reached, you can still have the matter decided in court.