

Preparing for a SHUTTLE CONFERENCE



A “**Shuttle Conference**” has been requested – this means your mediation will be conducted with the parties being in separate rooms with me moving back and forth between you throughout the duration of the conference.

I appreciate that being face-to-face is often a better way of facing issues, discussing points, and hopefully reaching a resolution together. Face-to-face conferences are especially important when you have children involved and you still need to maintain at least a functioning co-parenting relationship.

With that said though, for some people, the added emotional pressure of having to face the other person can be too overwhelming and can significantly obstruct a helpful conversation.

My focus is trying to assist you both to have a “**helpful**” conversation.

I reassure you that there is no judgment from me. I have not taken anyone’s side by facilitating this request. If being in separate rooms is the only way I can help you to find a resolution you can live with, then I am happy to facilitate that for you.

During a shuttle conference, I will spend periods of time with each of you, and there will be periods of time where you will be waiting while I speak with the other party. Note that everything you tell me will still be part of the mediation, however, let me know if there is anything you don’t want me to share with the other party and **that will remain confidential**.

Be aware that sometimes it takes longer to discuss issues in separate rooms than being face-to-face. Because of that, you might need to consider having a second session.

Healthy co-parenting relationship and impact on the children

I do ask you both to consider whether you have any unresolved relationship/co-parenting issues that is making having a healthy and normal parenting conversation about your children difficult?

Please think about your children and how they are being impacted by your situation at the moment. I **urge** clients in your situation to consider engaging *Family Law Counselling* to help learn different ways of interacting with each other for the benefit of your children. I can totally appreciate you might not want to have to interact with each other at all – but I guarantee you, your children need the two most important people in their lives to be able to at least work together in a healthy way.

In order to change your children’s experience, parents need to want something different. They need to be able to commit to changing how things have been and changing the way they may have done things in the past.

Family Law Counselling has got nothing to do with reconciling – it has everything to do with developing a functioning and healthy co-parenting environment in which your children can thrive.

Please let me know if you would like more information about this.

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