

Road Map to a Successful Divorce Mediation

Discover the 4 essential steps to create a less stressful, more empowering divorce mediation experience. Get clear. Get support. Move forward with confidence.

01

Gain Clarity & Set Intentions: Before mediation begins, you need clarity.

- ✓ Understand your priorities, concerns, and non-negotiables.
- ✓ Identify what a fair and realistic outcome looks like for you.
- ✓ Get emotionally and mentally prepared to negotiate from a place of strength.

Clarity reduces chaos. This first step sets the tone for everything that follows.

02

Get Organized & Educated: Preparation creates power.

- ✓ Gather your financials, legal documents, and real estate info.
- ✓ Understand your rights and responsibilities (even without hiring an attorney).
- ✓ Learn how mediation works so you show up prepared, not blindsided.

You wouldn't build a house without a blueprint. Divorce is no different.

03

Communicate Effectively in Mediation: Mediation isn't just about compromise—it's about collaboration.

- ✓ Use respectful, clear language that reduces conflict.
- ✓ Stay focused on solutions instead of past resentments.
- ✓ Use coaching techniques to manage emotions and stay calm under pressure.

The way you show up can shift the entire dynamic.

04

Finalize Agreements & Move Forward: Your peaceful divorce doesn't end at the table—it continues in how you move on.

- ✓ Review your agreements to ensure they reflect what was discussed.
- ✓ Prepare for implementation—finances, parenting plans, and next steps.
- ✓ Start your new chapter with confidence, closure, and clarity.

Peace is the result of preparation and perspective.

Need help preparing for your Mediation?

Schedule a Free Divorce Strategy Consultation at www.LisasCalendar.com