

FREE GUIDE

Is Mediation Right for Your Dispute?

*A Clear, Practical Guide to Resolving Conflict
Without Going to Court*

Helping people move from conflict to clarity.

BY UNITY RESOLUTION



WWW.UNITYRESOLUTION.CO.UK



Introduction

Disputes can be stressful, expensive, and emotionally draining.

Whether the issue involves work, family, neighbours, business, or community matters, many people assume court is the only option. It isn't.

Mediation offers a faster, more affordable, and less confrontational route to resolution.

In this guide, you'll learn:

- What mediation is
- When it works best
- Whether it suits your situation
- What to expect
- How to take the next step

What Is Mediation?

Mediation is a confidential and voluntary process where an impartial third party helps people in conflict communicate and reach practical agreements.

A mediator does **not**:

- Take sides
- Judge who is right or wrong
- Force decisions
- Instead, they help both sides find a way forward.

What Can Mediation Help With?

Workplace Disputes

- Grievances
- Bullying concerns
- Team conflict
- Communication breakdowns

Family & Personal Disputes

- Separation issues
- Inheritance disagreements
- Ongoing tension

Neighbour & Community Disputes

- Noise complaints
- Boundaries
- Shared spaces

Business Disputes

- Partnership disagreements
- Customer complaints
- Contract misunderstandings

Is Mediation Right for You?

Mediation may be right if:

- Communication has broken down
- You want a faster solution
- You want to avoid court or tribunal
- You want to reduce legal costs
- Privacy matters to you
- You want to preserve relationships

What to Expect

Step 1: Initial Call

A confidential conversation about your situation.

Step 2: Private Discussions

Each person may speak separately first.

Step 3: Mediation Session

A structured conversation focused on solutions.

Step 4: Agreement

If resolved, outcomes can be recorded clearly.

Online Mediation Available Across UK ?

Many people assume mediation must happen in person. It doesn't.

Unity Resolution offers secure online mediation sessions, allowing you to resolve disputes from the comfort of your home or workplace.

- ✓ No travel required
- ✓ Convenient and confidential
- ✓ Faster to arrange
- ✓ Ideal for parties in different locations

Why Choose Unity Resolution?

- ✓ Professional and impartial support
- ✓ Calm, practical guidance
- ✓ Affordable dispute resolution
- ✓ Secure online mediation across the UK
- ✓ No travel required
- ✓ Flexible appointments
- ✓ Workplace, civil, and community disputes

Ready to Talk It Through?

Book a free confidential 15-minute consultation with Unity Resolution.

We'll help you understand your options and whether mediation is the right next step.



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Book Your Free Call Today

Professional, impartial mediation support