

# Family Mediation

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Our flexible suite of mediation services: helping you navigate separation and divorce



## Family Mediation

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Our team of experienced mediators and specialist family lawyers will take the time to understand your individual circumstances.

Our comprehensive and flexible mediation service allows us to switch between a range of non-court resolution methodologies to support you through separation and divorce.

Together, we can find the right approach for you.



## Family Mediation Approaches

Mediation can take place in-person or online - or as a combination of the two.

In order to reach resolution, our experienced mediators are trained to move between a range of different mediation styles. These include:

### Traditional Mediation

Traditional family mediation usually involves one mediator working with a couple in one room to help them make decisions for the future.

### Solicitor-Inclusive Mediation

In complex or difficult cases, each party's lawyers and, on occasion, other professionals participate in the meetings to provide advice and support.

### Hybrid Mediation

If your situation is complex or if there are high levels of conflict, hybrid mediation may be best for you. The parties' lawyers often participate in the meetings. The mediator is permitted to hold confidences, only sharing information that they have permission to disclose.

### Shuttle Mediation

When it is not appropriate for the parties to meet face to face, the mediator locates them in separate rooms and 'shuttles' between them to work towards a resolution.

### Child-Inclusive Mediation

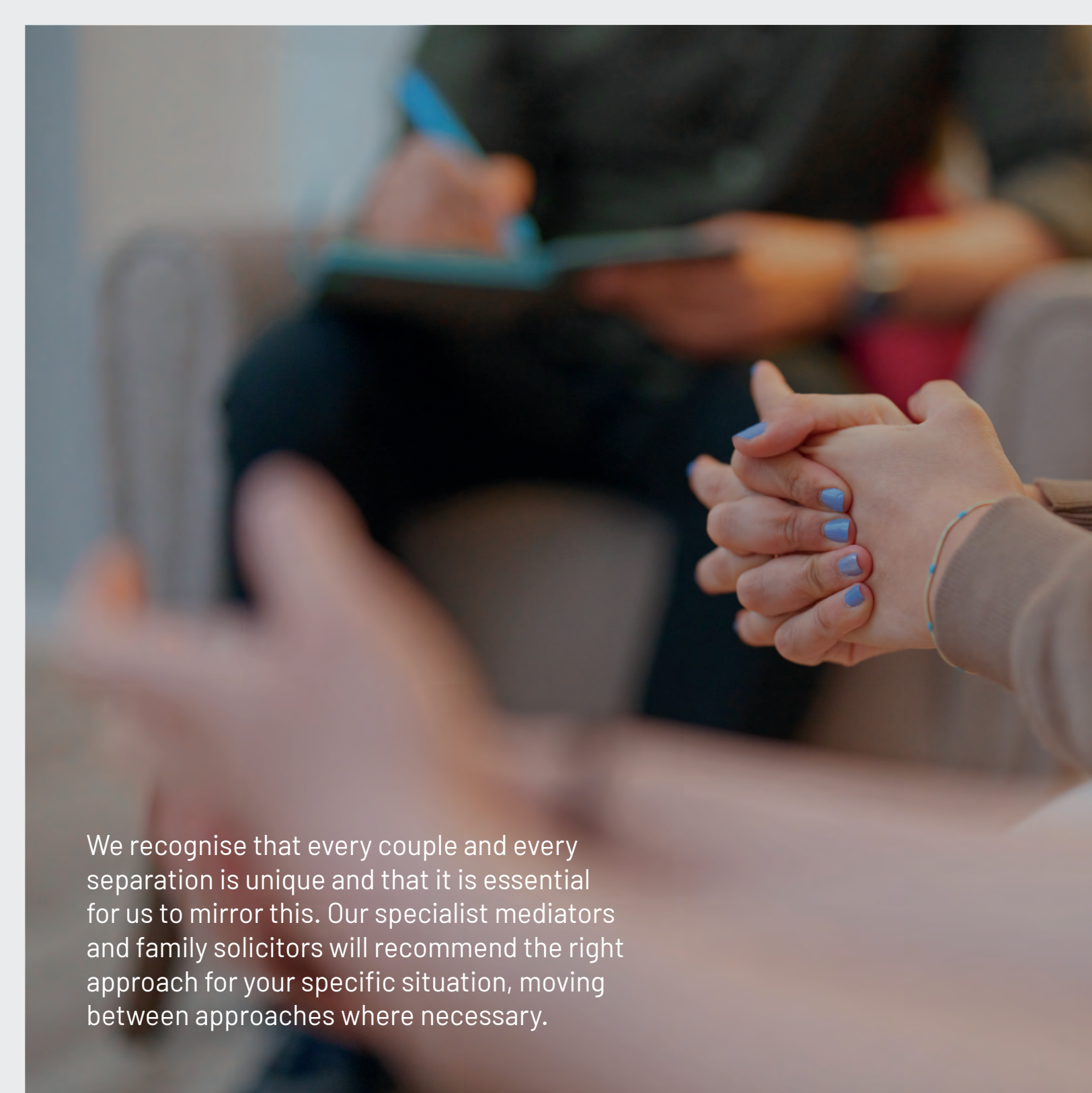
Wherever possible, children should have the opportunity to voice their wishes and feelings. In this situation, either the mediator or another suitable professional meets with the children and then, with the children's permission, feeds back to the parents.

### Co-Mediation

It can be beneficial for two mediators to work with the parties together, as a team. The two mediators are often from different backgrounds. For example, a lawyer mediator might work with a mediator from a financial or therapeutic background.







We recognise that every couple and every separation is unique and that it is essential for us to mirror this. Our specialist mediators and family solicitors will recommend the right approach for your specific situation, moving between approaches where necessary.

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Nobody embodies the spirit of alternative dispute resolution more than Edward. He lives and breathes mediation and rightly has a very high profile in this space.

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Edward Cooke is a leading light for alternative dispute resolution work. He is good at coming up with creative solutions and is empathetic but knows his stuff.

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My ex-wife and I needed mediation prior to getting divorced. Michelle communicated clearly, and was fair, friendly and allowed us to discuss our needs to come to a satisfactory, amicable conclusion.

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Grace is very recognised as a mediator. She is very articulate and sympathetic with clients and can grasp complicated issues.

“

Lauren Guy is professional and focused when dealing with challenging and disruptive cases. At each stage, from round table to mediation and eventually court, she offered professional support as well as emotional support to ensure I was guided through each process of the divorce.

“

Great reputation and client care. Edward is a go-to Child Inclusive Mediator, and, as a team, they are very collaboratively minded and supportive.

## Our integrated approach

Mediation is part of our integrated suite of family law solutions. There are various ways to resolve issues, as set out below. We will guide you through the right approach for your individual circumstances.

### Sorting things out without support

**Direct Agreement** - you agree matters directly without the need to involve a lawyer. You can then ask the lawyer to prepare a legal document confirming the agreement - by way of a Consent Order, Separation Agreement or Parenting Plan.

### Sorting out issues with professional support

**Mediation** - you meet with an independent mediator whose role is to assist you in reaching an agreement. You may choose to have independent legal advice from separate solicitors alongside the process. Other professionals can assist where required.

**Hybrid Mediation** - similar to mediation, however, in hybrid mediation, the couple is often supported in meetings by their respective lawyers. The mediator can "hold confidences" and have separate meetings with the parties and their lawyers so as to enable difficult issues to be resolved.

**Collaborative Practice** - both parties are supported by their own collaboratively trained lawyers to find solutions that work for the family. Other professionals can assist where required.

**Consensus** - you agree matters with one lawyer through a series of joint meetings with your Consensus Lawyer, who can give you advice together. Other professionals can assist where required.

### Others negotiating on your behalf

**Lawyer Led Negotiation** - negotiation takes place between solicitors, often in correspondence but this could also involve round table meetings attended by the parties and their lawyers to reach agreement.

**Early Neutral Evaluation (ENE)** - an early neutral evaluator is appointed to give an opinion as to the likely outcome if matters were not resolved and went to arbitration or a court process. This can also be used in Consensus, Mediation and Collaborative Practice.

**Private FDR** - similar to ENE - used in arbitration or the court process as a way of getting an independent view on the likely outcome if matters cannot be resolved without a final hearing.

### Decision made by others

**Arbitration** - an arbitrator is appointed by the parties to make a determination on issues privately, outside the court process. That agreement is then converted into a court order.

**Court** - depending on the issues involved, there is generally a three-stage process - directions, dispute resolution hearing (or FDR) and a final hearing, at which the court makes a decision.

## Meet our Mediators

Edward Cooke Family Law is an award-winning specialist family law firm with offices across the Home Counties.

Both the firm and individual team-members are nationally acclaimed, not only for family law but also for their family mediation work. Edward Cooke and Grace Parker-White are recognised leaders in the field of alternative dispute resolution in Chambers & Partners. In addition, the firm is named as one of the top 250 UK firms in The Times Best Law Firms 2025.

Edward Cooke has been named Child-Inclusive Mediator of the Year 2024, was highly commended as Family Mediator of the Year 2024 and was awarded Family Law Partner of the Year 2023. The firm was named Boutique Family Law Firm of the Year 2024.



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