



My Fair Mediation

— GUIDE —

*Understanding Family
Mediation
& Preparing for the
Conversation*

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FAMILY LAW MEDIATION



Welcome!

Why This Guide Exists

Family mediation can involve a lot of moving pieces. There may be parenting schedules to think through, financial information to gather, forms you have never seen before, and conversations that have already happened more than once without getting very far.

This guide was created to make the process itself easier to understand.



How to Use It

You don't need to work through this guide from beginning to end. Some sections may be relevant to your family and others may not be.

Use the pages that are helpful to understand the process, identify topics you may want to discuss, gather information related to those topics, or organize questions you want to bring into mediation.

The consideration lists throughout this guide are just that—things to consider. They are not recommendations about what your parenting plan, financial arrangements, or agreements should look like. Every family is different, and participants determine which topics are important to discuss and what decisions work for their circumstances.

You keep the decision-making. I keep the conversation moving.

Inside, you'll find an overview of family mediation, what to expect from the process, ways to prepare for the conversation, and information about common parenting and financial topics that may come up in mediation. You'll also find My Fair Mediation package information, required-form checklists, and pages you can use to organize your own thoughts and questions.



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Understanding Family Mediation

Family mediation is a structured conversation between participants who have decisions to make. Those decisions may involve parenting, finances, property, existing agreements, or circumstances that have changed over time.

The Conversation Has Structure



Many people come to mediation after they have already tried talking. Sometimes many times. The difference is not necessarily the topics being discussed. It is the structure surrounding the conversation. Mediation creates a dedicated space to address one issue at a time, clarify what each participant is trying to resolve, identify information that may be relevant, and explore where there may—or may not—be room for agreement.

The mediator facilitates the conversation, but the decisions remain with the participants. Mediation does not require either person to give up their position, accept a particular solution, or reach an agreement simply because they participated. Instead, it creates a process for identifying the issues, exchanging relevant information, discussing different perspectives, and exploring possible options.

Participants Make the Decisions

The mediator does not decide what is fair, determine who is right, or choose an outcome for the family.

Participants decide which issues they want to address, what options they are willing to consider, and whether any proposed terms work for them. An agreement may be reached on every topic, some topics, or none at all.

Agreement is one possible result of mediation. An informed conversation is part of the process either way.



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Role of a Mediator

A family mediator is a neutral facilitator. The mediator manages the mediation process and helps participants have an organized conversation about the issues they have chosen to address.

The mediator may ask questions, clarify information, help identify the topics being discussed, and keep the conversation focused as participants explore different perspectives and possible options. When several issues overlap—as they often do in family mediation—the mediator can also help separate those issues so they can be discussed more clearly.

Neutrality Matters

The mediator does not represent either participant or advocate for one person's position over the other. Asking questions, requesting clarification, or exploring how a proposed arrangement might work does not mean the mediator agrees or disagrees with it.

Both participants are provided an opportunity to share information, explain what is important to them, ask questions, and participate in the discussion.

The Decisions Stay With You

A mediator does not decide who is right, determine what is fair, predict what a court might do, or make decisions for the participants. The mediator also does not provide legal, financial, tax, or strategic advice.

Participants may consider different possibilities during mediation, but they determine whether any proposed terms work for them and whether they want to reach an agreement.

You keep the decision-making. I keep the conversation moving.



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What to Expect During Mediation

Every mediation is different because every family arrives with different circumstances, questions, and decisions to discuss. There is no script participants are expected to follow and no requirement that every issue be resolved in a single conversation.

What mediation does provide is structure. The mediator helps organize the conversation so participants can identify the issues they want to address, exchange relevant information, discuss their perspectives, and explore possible options.



Beginning the Conversation

The session typically begins with a review of the mediation process, confidentiality, the mediator's role, and any questions participants have about how the session will work.

From there, participants identify the topics they would like to discuss. There may be one issue or several, and some may be connected. The mediator helps organize those topics so the conversation can move through them in a manageable way.

Identifying the Topics

Participants identify the topics they would like to discuss during mediation. This helps establish what will be addressed and provides a clear starting point for the conversation.

Discussing the Topics

Participants have an opportunity to explain their perspective, provide relevant information, ask questions, and respond to the topics being discussed.

The mediator may ask questions or clarify information along the way. Sometimes a conversation reveals another issue that needs to be addressed. Sometimes additional information is needed before a particular topic can move forward. The process can adjust as the conversation develops.

Exploring Options & Reaching Terms

Once an issue has been identified and discussed, participants can explore different possibilities for addressing it. Options may come from either participant and can be discussed, adjusted, combined, or set aside as the conversation develops.

Exploring an option does not mean agreeing to it. It provides an opportunity to consider how different possibilities might work, ask questions, identify concerns, and better understand each participant's perspective.

When participants reach terms that work for both of them, those terms can be documented. Participants may reach terms on all, some, or none of the topics discussed.

The mediator facilitates this discussion without recommending a particular option or deciding which outcome the participants should choose.

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Preparing for the Conversation

You do not need to arrive at mediation with every answer. Taking some time beforehand to identify what you would like to discuss and what information may be relevant can help you enter the conversation with a clearer understanding of the topics you want to address.

What Would You Like to Discuss?

Think about the topics you would like to bring into mediation. There may be one specific decision to address, several related issues, or circumstances that have changed since an earlier agreement was made.

What Information Is Relevant?

Consider what information relates to the topics you want to discuss and what you already have available. This might include dates, schedules, expenses, financial information, documents, or other details connected to the conversation.

Is There Information You Still Need?

You may find that you have questions or that additional information would be helpful before a topic can be fully discussed. Identifying what you know—and what you may still need—can help clarify where the conversation begins

Are There Existing Agreements or Orders?

If the topics being discussed relate to an existing agreement, parenting plan, or court order, having the current documents available provides a reference for the conversation.

Working With My Fair Mediation

1

ORIENTATION CALL

Both participants meet with Anna for a complimentary 25-minute Zoom call. This is an opportunity to meet one another, learn how the MFM mediation process works, review the available mediation packages, and ask questions before deciding whether to move forward.

2

SELECT A MEDIATION PACKAGE

If both participants choose to move forward, select the mediation package that reflects the matters being addressed and reserve the mediation session.

3

COMPLETE THE PAPERWORK

Before mediation, participants complete the applicable MFM paperwork and Florida family law forms and provide the information required for their mediation package.

4

MEDIATION SESSION

Both participants meet with Anna for the reserved mediation session. Together, participants identify and discuss the topics important to them, exchange relevant information, and explore possible terms.

5

WRITTEN SUMMARY OF AGREED TERMS

Following mediation, MFM prepares a written summary reflecting the terms participants reached during the mediation session.

6

REVIEW & REFINE

Both participants review the written summary to confirm that it accurately reflects the terms discussed and identify any areas that may need clarification or refinement.

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IN THE MEDIATION ROOM

The mediation room is a professional space where both participants have the opportunity to participate fully in the conversation. The following expectations help maintain that space.

One Person at a Time

Allow the other participant to finish speaking before responding. Interruptions and speaking over one another make it difficult for either person to be fully heard.

Keep It Respectful

Derogatory, disparaging, threatening, or demeaning language is not appropriate during mediation. Disagreement is expected. Disrespect is not required to express it.

Both Participants Have a Voice

Both participants are provided time and space to speak. Having an opportunity to be heard does not mean the other participant must agree with what is being said.

Speak for Yourself

Participants are encouraged to explain their own perspective, concerns, questions, and understanding of the issues being discussed.

Stay With the Topic

Family issues can overlap quickly. The mediator may help bring the conversation back to the topic being discussed so each issue has an opportunity to be addressed.

Allow Space for the Conversation

Not every question needs an immediate response. The mediator may slow the conversation, ask for clarification, redirect the discussion, or give either participant time to finish a thought before moving forward.

You do not have to agree with one another to have a respectful conversation. Both participants deserve the space to participate in it.

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Information in Mediation

Information is an important part of the mediation process and can help provide context for the topics participants choose to discuss.

Transparency

Participants may share information, ask questions, request clarification, and discuss the information relevant to the topics they have chosen to address. The mediator helps facilitate the exchange and discussion of information without determining what either participant should decide.

Confidentiality

Mediation communications are confidential as provided by Florida law. This allows participants to discuss issues and explore possible options within the protections and limitations of mediation confidentiality.

Private Conversations

The mediator may meet privately with either participant during mediation. Information shared during a private conversation remains confidential unless the participant authorizes its disclosure or disclosure is otherwise required by law.

Informed Conversations

Information can provide context for the decisions being discussed. The mediator does not use that information to determine an outcome or decide what is fair. Participants remain responsible for evaluating the information presented and making their own decisions.

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Common Topics in Family Mediation

Every mediation is different. The examples below reflect topics that commonly arise in family mediation and are provided for general educational purposes. The topics discussed in mediation are determined by the participants.

Parenting

Parenting schedules · holidays and school breaks · education · healthcare · childcare · activities · travel · transportation · communication · child-related expenses

Financial & Property

Income and expenses · real property · accounts · retirement assets · vehicles · personal property · debts and liabilities · insurance · ongoing financial matters

Existing Agreements & Changing Circumstances

Existing parenting or financial arrangements · schedule changes · employment changes · children's changing schedules · relocation · other circumstances identified by participants

Friendly Reminder

Educational Information Only — The information provided in this guide is for *general educational purposes only*. It is not legal, financial, or tax advice and is not intended to recommend a particular position, outcome, or course of action. The examples provided are not intended to persuade participants, influence the topics they choose to discuss, or suggest what terms they should consider or agree to in mediation.

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TOPICS WORKSHEET



Use this space to organize your mediation topics and notes.

1. Topics I Would Like to Discuss

2. Questions I Have

3. Information Related to These Topics

4. Information I May Still Need

5. Dates, Schedules or Details I Want to Remember

My Fair Mediation: Mediation Pricing

Family *Mediation*

Practical conversations for real-life family transitions.

2 HOUR MINIMUM

Reserved Mediation Session

PREPARATION

Intake + pre-mediation
preparation

**HOURLY
RATE**

\$195

for both participants



What's Included:

- 2-hour minimum reserved mediation session
- Individual intake & pre-mediation preparation
- Guidance on documents & forms needed for mediation
- Written Summary of Agreed Terms
- One hourly rate covers both participants
- No additional administrative or preparation fees

Minimum reservation: \$390
2 hours at \$195/hour

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Mediation *Checklist*

My Fair Mediation supports full transparency as part of an informed, productive, and efficient mediation process. Florida family law requires certain financial disclosures and court forms depending on the matters involved. These forms help ensure participants have relevant information available when discussing and making decisions during mediation.

SIMPLE MEDIATION



Financial Affidavit — Long Form

Form Number: 12.902(c)



Marriage Settlement Agreement

Form Number: 12.902(f)(3)

FLORIDA FAMILY LAW FORMS

Florida Supreme Court Approved Family Law Forms are available directly from the Florida Courts Family Law Forms webpage. *Forms may be revised or updated* from time to time, so *download a current copy* from the Florida Courts website rather than relying on a previously saved version.

At My Fair Mediation,
transparency matters.

Mediation provides both
participants with *space to be
heard, share information, ask
questions, and fully discuss
the topics* they identify as
important.

FAMILY MEDIATION



Financial Affidavit — Long Form

Form Number: 12.902(c)



Marriage Settlement Agreement

Form Number: 12.902(f)(1) - *with
Dependent or Minor Child(ren)*

OR

Form Number: 12.990(b)(2) -
*with Property but No
Dependent or Minor Child(ren)*



Parenting Plan

Form Number: 12.995(a)



Child Support Worksheet

Form Number: 12.902(e)

CONTINUE LEARNING

Learning Center

My Fair Mediation believes participants should have access to clear, understandable information about mediation—what to expect, how the process works, and the options available along the way.



What Is Family Mediation? →

What family mediation is and how the process works.

Common Myths About Family Mediation →

What mediation does—and doesn't—actually look like.

What to Expect at Your First Mediation Session →

Inside the conversation and how the process unfolds.

Beyond the Paper: Living the Agreement →

When mediation ends and everyday life begins.

MORE TO EXPLORE →

Understanding Mediation · Is Mediation Right for Me? · Preparing for Mediation · Communication & Decision-Making · Life After Mediation · Florida Court Forms

Keep Exploring

Explore the Learning Center →



About Anna Sciotti & My Fair Mediation



Anna Sciotti is the founder and Family Law Mediator at My Fair Mediation. She brings more than 13 years of experience in negotiation, conflict resolution, communication, and navigating complex conversations to the mediation table.

Anna holds a B.A. in Communication and Conflict from the University of Central Florida. Her background shapes a mediation approach centered on neutrality, transparency, structure, and participant-led decision-making.

Her role is not to decide what a family should do or determine the outcome of a disagreement. It is to provide a structured space where both participants have the opportunity to be heard, relevant information can be discussed, and participants remain responsible for the decisions they make.

About My Fair Mediation

My Fair Mediation was created to make family mediation clearer, more accessible, and easier to understand from the beginning. Participants know what the process looks like, what is expected before mediation, what their mediation package includes, and what it will cost before they enter the mediation room.

The process begins with both participants together, continues with preparation before the session, and provides dedicated time to fully discuss the topics they identify as important. Flat-fee packages cover both participants, with no additional administrative or preparation fees, so the focus can remain on the conversation rather than watching the clock or wondering what comes next.

MFM does not define success by whether participants agree on everything. The process is designed to give both people space to speak, ask questions, understand the information being discussed, explore possibilities, and make their own informed decisions.

Clear process. Full transparency. Participant-led decisions.



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