If you are new to online mediation, you may feel somewhat anxious about how to proceed. But, as the pandemic continues to unfold and remote mediation becomes the norm, it is important to remember that mediation is a flexible and adaptable process. Mediation works regardless of location, time zone, or physical space. As a mediator, you can use the tools and techniques you have at your disposal to create a virtual environment that is conducive to productive communication.

One of the main benefits of online mediation is that it allows for greater flexibility and accessibility. Parties can join from anywhere in the world, making it easier to accommodate their schedules and accommodate their needs. This can be particularly helpful for parties who have limited mobility or who live in remote areas.

Another benefit of online mediation is that it can be more cost-effective than traditional mediation. Parties can avoid the costs associated with travel, such as hotel accommodations and transportation. Online mediation can also be more efficient, allowing parties to move through the mediation process more quickly.

Despite these benefits, there are some challenges associated with online mediation. For example, technology issues can arise, and parties may feel less comfortable joining from their own environments than meeting in person. However, these challenges can be overcome with proper preparation and a commitment to making the process work for everyone involved.

As we continue to navigate the pandemic, it is important to remain flexible and open to new possibilities. Online mediation offers a promising future for dispute resolution, and as we move forward, we can continue to adapt and innovate to meet the needs of our clients.