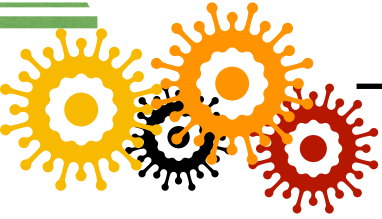


# NEWSLETTER



## CORONAVIRUS & MEDIATION

**Black & White Mediations** is still open to provide its services in this pandemic situation. We recommend people to avoid public gathering and stay at home but in the meantime if you need to settle your dispute via mediation then we are there for you and offer:

- Phone Mediation
- Web - Conferencing Mediation

This is the most secure way to fix your issues. Your safety and health is important to us and we recommend you to take this opportunity in order to resolve your matters out of the court. It's easy to do great work when you believe in what you do. That's why we're committed to helping more people like you, every day.

For more information [contact us](#)

### OUR SERVICES

Family Dispute Resolution

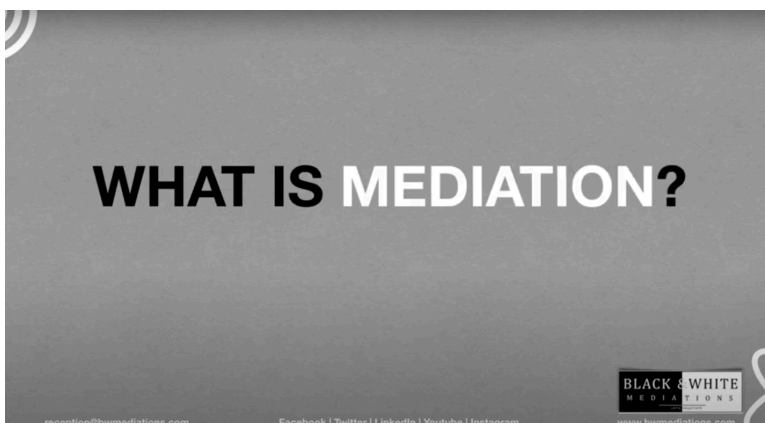
Property Dispute Resolution

Workplace Dispute Resolution

Couples Mediation

### WHAT IS MEDIATION?

Don't know what is Mediation? Click [here](#) to get a good understanding that how you can resolve your dispute by



### EMOTIONAL, MENTAL & PSYCHOLOGICAL WELLBEING

The emotional, mental and psychological wellbeing of every person depends upon the adaptation of those attitudes which s/he received from society.

These three words are so interconnected with each other that if one of the state is effected then the rest of the two will automatically be impacted with it but how?



Click [here](#) to know more about it.

### COMMUNICATION BARRIER

Communication barrier is one the common reason of all disputes. One can only break this barrier by communicating with the conflicted party. Need to know how many types of barriers are? Find out in this **video**.



**SPECIAL INTERVIEW****MR. ADEEL GILL**

PRINCIPAL MEDIATOR AT BLACK &amp; WHITE MEDIATIONS

**BY SBS RADIO**

Our principal mediator Mr. Gill has the opportunity to raise the voice and represent his community in Australia that how we can educate people about mediation. This has been carried out by SBS Urdu Radio which is one of the Australia's leading radio channel. So, If you are of sub-continent (Pakistani / Indian) origin, read or listen Urdu language then below content is for you to get the understanding that:

1. What mediation is?
2. Why it is important?
3. How it is different from traditional family arbitration?
4. How secure your information is?
5. What are the fees and time frame of mediation?

The interview was more on emphasising the Sub-Continent (Pakistani / Indian) community to start mediation process rather than going to court which is not an affordable process by everyone for resolving the dispute. He also asked vulnerable people of this particular community to speak up against domestic violence which is quite common in this community and victim never showed up because of family, cultural and social pressure.

To listen the full podcast or read the script click [here](#)

**FOR MEDIATORS**

## Child-Focused Supervision



**What is child-focused supervision in adult-focused services and how does it work?**

Good supervision is underpinned by the notions of developing competent, accountable, ethically informed, effective practitioners to ensure the work of the organisation in providing professional support and appropriate

services is carried out with maximum efficiency.

To learn about their challenges and how child supervision can help, please visit [here](#) to get the better understanding of it.

## HOW TO WIN AN ARGUMENT?

Winning an argument or fulfilling your demands is not someone can easily make it happen for you because other party who is in dispute with you also want to win and have demands. Therefore it is necessary to learn that how to win an argument in mediation. Here are few tips which you can explore more.

## HOW TO WIN AN ARGUMENT IN MEDIATION?

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## WHO IS A MEDIATOR?

### WHO IS A MEDIATOR?

Do you know who is a mediator? What are his/her responsibilities in facilitating your dispute? What information you can get from him? Is he able to give you advice or not?

Find out more in this video [here](#).

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## DOMESTIC VIOLENCE

NO EXCUSE

STOP IT!

REPORT IT!

24 HR: 1800 737 732  
LIFELINE: 13 11 14  
MENSLINE: 1300 789 978  
KIDS: 1800 551 800

#### HOTLINES

ABORIGINAL FDV: 1800 019 123  
SUICIDE: 1300 659 467  
NATIONAL DISABILITY ABUSE  
AND NEGLECT: 1800 880 052

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## MEDIATION TIPS HOW TO NEGOTIATE?

### STAY CALM

Disputes can only be resolved when you become calm. Things will not settled down if you will not keep yourself relax. Your body language should be under control. Always ask for break if you need it to make yourself comfortable.

### PLAN ALTERNATIVES

Always come into mediation sessions with more than one plans because you never know which plan works. It will make easy for you to make up your mind when it comes to an agreement.

### COMMUNICATE

Until & unless you do not start communicating with the other party, you will not be able to understand each other that how to negotiate. While both parties sitting in mediation process, it is important that they can talk rather mediator act as a messenger between them.

### LISTEN TO EACH OTHER

It is very important that you must listen each other before responding because parties in dispute knew each other for sometimes and do not want to listen anymore which ended up with no agreement. By listening to each other will create options for negotiation.

### THINK ABOUT OTHERS

Negotiating with other party and reaching on an agreement is not about you only. You must think about all those people who are connected with you and they can be impacted with your negotiations. So, think twice!

### BE FLEXIBLE

Do not try to be stubborn or rigid while negotiating because it will not only affecting the other party but everyone including yourself as well. Show some flexibility by giving & taking different offers so that you ended up with a collaborative decision.

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## WORLD REFUGEE DAY

### THEY LEFT THEIR:

HOME  
SOIL  
PEOPLE  
LANGUAGE  
FAMILIES  
CHILDHOOD  
CULTURE  
NORMS  
VALUES

FOR

PEACE

HELP THEM TO MAKE AUSTRALIA THEIR  
NEW HOME

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**HAVE A DISPUTE?**  
WHY COURT?

## START MEDIATION



**FAMILY DISPUTE  
RESOLUTION**  
Pre & Post separation issues



**PROPERTY DISPUTE  
RESOLUTION**  
Fair & Equitable distribution of  
assets & liabilities




**WORKPLACE DISPUTE  
RESOLUTION**  
Employment & Income issues


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**IMPACTED BY COVID - 19**




**LANDLORD**



**You have  
to pay  
the rent!**

**TENANT**



**I can't.  
Don't  
have a  
job**

**Let's Negotiate**

Start  
**MEDIATION**

**ONLINE  
& SAFE**

**LOW COST  
LESS TIME**

Contact Us for more information

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[www.bwmediations.com](http://www.bwmediations.com)

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STAY SAFE**

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Valid until September 2020



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