

MIAM / Initial Intake Meeting

Helping Families Move Forward with Clarity and Confidence

What is a MIAM?

A Mediation Information and Assessment Meeting (MIAM) is an individual, confidential meeting with a qualified mediator. It is designed to give you information about mediation and help you decide whether it is a suitable option for your circumstances.

What is the purpose of a MIAM?

The purpose of the MIAM is to provide you with clear information about mediation, allow you to explain your situation, explore possible options, and help you decide whether mediation feels appropriate and safe.

What happens during the MIAM?

During the meeting, the mediator will explain how mediation works, discuss the issues you would like to resolve, answer any questions you may have, and assess whether mediation is suitable.

Do I have to go ahead with mediation?

No. Attending a MIAM does not commit you to mediation. It is simply an opportunity to find out more and consider your options.

Is the meeting confidential?

Yes. The meeting is confidential, except where there are safeguarding concerns or legal obligations.

What happens after the meeting?

If both parties are willing, joint mediation sessions can be arranged. If not, alternative options will be discussed.



How should I prepare?

Think about the issues you would like to discuss and any concerns you may have. Completing forms in advance can be helpful.

Documents you may wish to have available

Parenting plans, court orders, key dates, and financial information (if relevant).

Benefits of mediation

Mediation is often quicker, more cost-effective and supports better communication moving forward.

Confidential • Impartial • Professional