



## Mediator Self-Reflection Tool

This tool is meant to help you continue to develop as a mediator by reflecting on your mediations. It is for your private use and will not be collected by the program. To protect confidentiality, do not include any identifying information about the parties and when filled out, do not share this tool with others.

**Start by giving yourself a quick review of how well you did the items listed below using this scale:**

4 = did it very well    3 = did it okay    2 = did it poorly    1 = didn't do it    NA = Not Applicable

Guiding the mediation process	Self-review: _____
Using separate and joint sessions effectively	Self-review: _____
Reflecting and working with emotions	Self-review: _____
Identifying needs and interests	Self-review: _____
Encouraging communication	Self-review: _____
Generating new ideas, options	Self-review: _____
Encouraging progress, overcoming obstacles	Self-review: _____
Communicating respect and empathy	Self-review: _____
Remaining neutral and coming across as neutral	Self-review: _____
Supporting party self-determination	Self-review: _____

**Next, reflect on the following prompts.**

Things you did particularly well in this mediation

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Things you would do differently next time

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What did the parties need from you? (Answer only about what is legitimate in the mediation context.)  
How did you try to address those needs? Did it work? Why or why not?

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If this was a peer reviewed mediation, what was/was not helpful about your debrief with the observer?

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