



MEDIATION FOR EMPLOYEES

Are you having difficulty getting along with a co-worker and is it impacting your ability to focus on your work?

Mediation with an Employee Assistance Counselor can provide neutral ground to help you develop agreements so you can work together more successfully.

- **How do I contact EAP for mediation?**

If both parties agree on doing mediation, your supervisor or manager should call EAP to determine if mediation is the best tool for resolving your specific conflict.

- **What happens next?**

If mediation is determined to be appropriate, your supervisor or manager will schedule a 1.5 hour mediation session for you and your co-worker. It may take up to 3 sessions.

- **Is mediation voluntary?**

Yes, both parties must want to do mediation to problem solve.

- **How will our supervisor/manager be involved?**

You will come up with a signed agreement and your supervisor/manager will get a copy. Your EAP Counselor will go over the agreement with your supervisor/ manager to answer any questions. They will hold you accountable for your part of the agreement.

Ask your supervisor or manager to call EAP to determine if mediation is right for you.
415-554-0610 or 800-795-2351