



SELF-ASSESSMENT QUESTIONNAIRE

Following their observed simulation, which will be recorded for debrief purposes, participants will be asked to reflect and write a report on the following points:

- What particular skills or techniques did you employ which you feel were effective to the process and appreciated by the participants
- What were the less successful techniques? Did you experiment with something you hadn't tried before and it failed in this particular session? How can you improve?
- What were the major learning points for you as the mediator?
- Narrate one difficult moment of the mediation and how you handled it?
- How did you ensure preservation of the principles of confidentiality, party-autonomy and voluntariness?
- Were you able to check yourself before opining on the subject matter and remain neutral and impartial to the parties?
- What style of mediation did you predominantly follow, and were you conscious of yourself alternating between varied styles? What are the benefits / limitations of this eclectic approach?
- On a scale of 1 to 5 (1 being the lowest, 5 being the highest) How would you evaluate yourself of your communications skills, primarily – active listening, asking questions and relaying information? What's the scope for improvement?
- Would you change anything about how you designed / structured the process to make it more effective for the parties?
- How do you manage to navigate impasse in Mediation? What are your pre-meditated preparations for such situations?
- What traits do you possess that you believe make you a good Mediator?