

# Are you having problems at work?

- Are you having disputes with your co-workers?
- Are you having a hard time working with your supervisor?

If so, then Mediation may be the option for you.

For more information, contact  
the Equal Opportunity Office  
at 606-0370

## Who can use Mediation?

- Military members
- Civilian employees  
(appropriated & non-appropriated)
- All grades, jobs
- Supervisors, subordinates, co-workers

## WHY TRY MEDIATION?

### BECAUSE MEDIATION:

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- is confidential
- is unbiased
- encourages disputes to settle at an early stage
- puts you in control
- is less stressful than going to Court
- could be cheaper than going to Court
- could resolve your dispute quicker than going to Court
- is less formal than a trial by a judge
- maintain better relationships
- builds/rebuilds relationships
- is less disruptive to the workplace

