



An Athlete's Testimonial on the Mediation Process

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February 2008



When my appeal finally reached the SDRCC I was relieved. I had gone through a long drawn out process with my NSO and felt like we were getting nowhere. We were at a stand still. I turned to the SDRCC for help in bringing us back to the discussion table to resolve our conflict. I chose the mediation/arbitration option because I wanted to start with a less formal process where a neutral third party would guide both sides to try and find a solution together. However, if we were not able to come to a solution I knew the mediator could then move into an arbitrator role and render a final binding decision.

My mediation took place over a conference call and the mediator did a great job of keeping things under control to progress efficiently through the conflicts. This was a smooth process as both sides took turns communicating their points. With the mediator's help we were able to come to a solution, which both parties could agree to. The mediator was especially helpful in explaining all my options and answering any questions I had. I did not feel pressured or threatened at any time. I believe both parties made compromises to form a win-win solution that would help us in our future working relationship. I was extremely happy that my appeal was finally over and grateful to the SDRCC for its help in the resolution of my appeal.

I also gained valuable information from the SDRCC's website. It was an invaluable resource when preparing for my mediation. I was able to research past cases, learn valuable tips on preparing for mediation, scan a list of potential legal representatives, and most importantly learn what to expect throughout the process ahead of me.