**Mediator Information**

**Jo/Joe &**

**Paula/Paul**

Jo/Joe is a graphic designer. Paula/Paul is a Financial Advisor. They live next door to one another on the 1st floor in a small apartment building in Sandymount.

After several weeks of not speaking to each other because of past arguments over late night & early morning disturbances, Jo/Joe and Paula/Paul find themselves at the Crazy Fit Fitness Centre together. Jo/Joe is working out on a treadmill when Paula/Paul enters and immediately starts talking to some friends just a few yards.

After the day that Jo/Joe has had, s/he tried to ignore Paula/Paul silently, but wished that s/he would leave, feeling that s/he invades enough of her/his space as it is. Paula/Paul made a loud comment to the group, something like “practice really does make perfect, my backhand is getting better every day!” Jo/Joe’s temper snapped and s/he ripped into Paula/Paul. As the argument got really heated, someone from the group separated the two and the manager on duty suggested that they attend mediation or else he will have to consider banning them from using the facilities for 2 months if another incident occurs.

**Disputant A Information - Jo/Joe**

You work as a graphic designer for a company in the middle of town. Work is mad at the moment – you are in the office by 7.30am and usually don’t get away until 8.30 in the evening. Over the last few months, you have been really tense about a couple of major projects that have to be presented to clients in the near future. You hardly sleep and the few hours’ sleep you get are very precious to you. You have also had to cut down your visits to the gym. You’re lucky if you get to the Crazy Fit Fitness Centre 2 times a week - usually at weekends. In the past you tried to get there 4 or 5 times a week and found it really helps to relieve stress and tension.

Lately, you have been very annoyed with Paula/Paul, your next door neighbour. S/he has been very inconsiderate. S/he plays tennis and practices her/his backhand swing by hitting a tennis ball against your shared wall. S/he also goes running every morning at 5am and slams drawers and doors while getting dressed - just as you are trying to get your last hour of sleep before another long day.

You have attempted to speak to her/him several times. Each time has ended in raised voices, harsh words and increased tension. Now you feel that Paula/Paul is past being inconsiderate and disturbs you out of spite and pettiness.

When you were in Crazy Fit the other day and Paula/Paul arrived, you could feeling yourself getting tense. You were on the treadmill and s/he seemed to deliberately stand nearby talking to people. Next you heard her/him say “practice does make perfect, my backhand gets better every day” in her/his smug tone of voice and that was the straw that broke the camel’s back! You ripped into her/him and there was a loud argument. You had to be separated and the manager told you both to get it sorted or else you would be banned for 2 months. He suggested mediation and you agreed.

***Note to Disputants:***

*Ensure that you are eventually reasonable, although angry and upset at first, and respond to the mediator’s skills.*

**Disputant B Information - Paula/Paul**

You are a Financial Advisor working for a large company in Dublin. You have always been a sports enthusiast – tennis, swimming and running being your favourites. You are very successful at your job – for some reason it doesn’t require a lot of work or energy on your part. As a result you have lots of time to go to the gym and play sports. Life is sweet!

You spend a lot of time at the local Crazy Fit Fitness Centre. You have become friendly with most of the staff and many of the regulars.

Your next door neighbour, Jo/Joe seems really uptight. Over the last while, there has been a number run-ins with her/him. S/he was making a big deal about the noise you make when you are practicing your backhand swing in the apartment. Granted you use a ball, but you’re hitting it as softly as you can and if it isn’t damaging the wall, it can’t be making that much noise.

Jo/Joe has also complained about the noise you make while you are getting ready for your morning run. Does s/he have radar ears? S/he said that you make a ridiculous amount of noise when she was trying to sleep. You tried to explain that the closet door sticks and you had mentioned it to the landlord, but Jo/Joe just flew off the handle & stomped away.

The other day in the gym you saw Jo/Joe on the treadmill. You didn’t take much notice – s/he’s not going to ruin your buzz. You remember talking to the gang about tennis, you made some comment about how your backhand is getting better and next thing you knew Jo/Joe had launched into you, shouting that you were an ignorant so-and-so. A loud argument ensued. One of the group stopped you, but by this time the manager had come over and told the both of you to go to mediation and get it sorted. If not, he would have to ban both you and Jo/Joe for 2 months from using the gym.

***Note to Disputants:***

*Ensure that you are eventually reasonable, although angry and upset at first, and respond to the mediator’s skills.*