Building and Construction Mediation - The Building Disputes Tribunal Despite the enormous growth in mediation of private disputes, mediation does not necessarily mean that the parties are more likely to resolve their disputes. Mediation is one of the most popular and effective ways to resolve disputes. It is a process in which a neutral third party, known as a mediator, helps the parties to a dispute reach a voluntary agreement. Mediation is a confidential and voluntary process that allows parties to reach a mutually acceptable resolution without going to court. Mediators help parties communicate with each other and facilitate discussions to find a resolution that is acceptable to both parties. Mediation is a highly effective alternative to traditional litigation. It offers a range of benefits, including shorter time to resolution, lower costs, and a better chance for a long-term resolution. The effectiveness of mediation can be attributed to its ability to empower parties to resolve their disputes on their own terms. Mediation is a highly effective alternative to traditional litigation. It offers a range of benefits, including shorter time to resolution, lower costs, and a better chance for a long-term resolution. The effectiveness of mediation can be attributed to its ability to empower parties to resolve their disputes on their own terms.