

**Saves legal cost**  
early settlement through ADR means that you can avoid the cost of preparing for a trial

**Saves time**  
a dispute can generally be resolved more quickly through ADR than through a trial

**Peace of mind**  
you can achieve an early closure to your dispute

**Confidential**  
the matters discussed for the purpose of settlement are kept in strict confidence

**Full control**  
the parties will not be forced or pressured to settle

**Opportunity to negotiate for agreed terms**  
the parties are able to decide for themselves how they would like to settle

**Low cost**  
it generally costs you less to attend ADR than a trial

**BENEFITS OF ADR**