**BENEFITS OF ADR**

- **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

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

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

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

- **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