CEDR Accreditation:	2017
CEDR Panel:	2024
Languages:	English, Spanish (working proficiency)
Location:	London

Arabella Tresilian

"Thank you for being a rock star mediator!"
Family member, Court of Protection mediation

Overview

Arabella Tresilian MA (Hons), PGDipEd (Leadership & Management) is a CEDR-accredited civil, commercial, workplace and employment mediator with a proven track record of successfully resolving over 100 cases across the public, private and third sectors. She is known for her calm, compassionate and solution-focused approach to emotionally charged and high-stakes disputes. Arabella specialises in health and social care disputes, including those involving medical treatment, end-of-life care and community care planning. Her extensive experience includes Judicial Review (Mental Health Act, Human Rights Act, Equality Act), Court of Protection (Mental Capacity Act, Care Act, LPA disputes), and Family Court cases involving the withdrawal of life-sustaining treatment.

In workplace mediation, Arabella supports senior leadership teams, employees, and HR professionals in addressing relationship breakdowns, grievances, and Equality Act-related issues. She brings particular expertise in creating inclusive, neurodiversity-aware and trauma-informed environments in complex workplace settings.

Arabella draws on over 20 years' experience in public sector education, health and social care leadership, combined with her personal experience as a family caregiver. She has trained over 300 public sector staff in Mental Health First Aid, and applies a trauma-informed approach to her mediation practice. In 2024, she was awarded a prestigious Churchill Fellowship to explore conflict resolution in palliative care internationally.

She is also widely recognised for her public advocacy and media contributions on conflict resolution in healthcare, and offers tailored pre-mediation support to promote equitable and constructive participation for all parties.

Professional Background

Arabella brings to her mediation practice a depth of leadership experience from her earlier career in education, public health and the voluntary sector. She held senior roles in patient engagement, governance, strategic communications, and partnership working across health and social care systems, and chaired two charities. These roles included collaboration with private sector partners, commissioners and corporate funders.

Since qualifying as a mediator in 2016 and gaining CEDR accreditation in 2017, Arabella has worked full-time as a mediator, conflict coach and facilitator. She has mediated across a wide range of private and public sector contexts, including for NHS trusts, local authorities, social care providers, education settings, businesses and national charities, with clients ranging from senior executives to frontline staff, families, and community members.

Arabella is also a respected trainer and speaker, delivering training on conflict resolution, trauma-informed communication, mental health awareness, and equity in dispute resolution. She has collaborated with national mediation bodies and provides consultancy on inclusive communication and organisational development in complex systems.

Her academic background includes a Postgraduate Diploma in Educational Leadership and Management from the University of Bath and an MA (Hons) in English Literature from the University of Edinburgh.

Expertise

Health & Social Care Disputes

- Court of Protection (Mental Capacity Act, best interests, LPA disputes)
- Medical treatment and end-of-life care planning (adult and paediatric)
- Judicial Review mediation
- Mental Health Act and community care conflicts
- Elder care and intergenerational planning disputes
- Multi-agency professional/family disagreements

Workplace & Employment Disputes

- Board, trustee and senior executive conflict
- Mental health and neurodiversity in the workplace
- Equality, Diversity and Inclusion (race, disability, LGBTQIA+)
- Bullying, grievance and performance disputes
- Public, charitable and political sector employment conflict

Education

- Staff and leadership team conflicts in schools and higher education
- Parent, student and headteacher disputes
- Workplace disputes involving SEND or mental health-related matters
- Volunteer and trustee disputes in educational charities

Local Government & Charity

- Trustee and board-level disputes in charities and community organisations
- Volunteer and service user relationship breakdowns
- Inter-agency disputes involving safeguarding, housing, or community care
- Team dysfunction and service delivery conflicts in local authorities

Community & Family

- Housing, neighbourhood and ASB disputes
- Co-parenting and family estrangement
- Disputes involving SEND, eldercare, or public services

Personal Style

Arabella's approach is built on deep listening, equitable participation and a commitment to helping each party feel heard and understood. Her pre-mediation process includes tailored one-to-one conversations to build trust and clarity. She is particularly skilled at helping individuals express themselves amid emotionally complex or high-stakes decisions, especially where trauma, illness, or power imbalances are present.

Clients frequently note her calm, reassuring presence and her ability to navigate complexity with empathy and structure. Arabella creates safe and inclusive spaces for truth-telling and healing, often supporting parties in reaching long-lasting agreements or setting a path forward in ongoing relationships.

Feedback

- “Thank you for being a rock star mediator!...so wonderfully positive and a force for good!”

Family member (Court of Protection mediation)

- “Arabella brought a very empathetic, inclusive approach which made everyone feel listened to.”

Barrister (Court of Protection mediation)

- “Very kind, measured, sensitive, perceptive.”

Social Worker (Court of Protection mediation)

- “You helped us to find a new perspective on this extremely complex dispute.”

Public Law Solicitor (Judicial Review mediation)

- “Mediation feels quite daunting, scary and uneasy initially, but Arabella made us feel safe.”

Patient (Judicial Review mediation)

- “Your tenacity in drafting the agreement was invaluable. Thank you for your support.”

Fellow Mediator (Court of Protection)

- “Arabella has a natural ability to get to the underlying issues in the dispute.”

Trustee (Charity Board Dispute)

- “You were great at enabling me to work through thought-processes and reach outcomes.”

Manager (Local Government Mediation)