

# LawBite helpdesk

Portal > Knowledgebase > Negotiation/Dispute Resolution > What is ADR?

---

## What is ADR?

Richard - 2020-09-27 - 0 Comments - in Negotiation/Dispute Resolution

ADR stands for 'Alternative Dispute Resolution' - i.e. alternative methods of resolving conflicts to standard court proceedings or 'litigation'. Mediation and Arbitration are both kinds of ADR.