

29 June 2026

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Profile

Mediator – Attorney – Karen Botha

Active Mediator SABWiL Chambers - Mediation 🏆 Gold Member

EXCO Member | Chair of the Membership Committee, Discipline and Ethics

Attorney | Commercial, Family and Workplace Mediator

Ubuntu. Dignity. Inclusive dispute resolution. Vuk'uzenzele.

Attorney Karen Botha is a trusted dispute resolution professional whose work is grounded in dignity, psychological safety, and practical resolution. She brings a calm, structured, and deeply human approach to mediation, helping parties engage in difficult conversations in a way that feels respectful, contained, and future focused. Her approach resonates strongly with SABWiL's vision of mediation as a platform for access to justice, participation, and meaningful dialogue.

Karen is a practising attorney, an internationally accredited commercial mediator, an accredited family mediator, and an accredited parenting coordinator. With more than thirteen years in legal practice and over twenty-five years' prior experience in the corporate sector, she offers a rare

combination of legal expertise, commercial acumen, and psychological insight. This enables her to support parties through both the technical and human dimensions of conflict — particularly where emotions, relationships, and long-term consequences are intertwined.

In addition to her mediation practice, Karen serves on the EXCO of SABWiL Chambers - Mediation and chairs its Membership Committee, including responsibility for matters of discipline and ethics.

SPECIALISATION FOCUS: COMMERCIAL, FAMILY AND WORKPLACE DISPUTES

Karen is particularly well suited to matters that require careful communication, trauma awareness, and durable resolution, including:

- Commercial mediation matters
- Family and divorce mediation
- Family business disputes
- Parenting coordination and parenting disputes
- Workplace and employment disputes
- Partnership and shareholder disputes
- Maintenance and care of children matters
- Facilitation and conflict coaching

Her work is especially valuable in disputes that are emotionally charged, relationally complex, or require the restoration of communication and trust. Her mediation style is informed by legal training, family law expertise, and a strong grounding in psychology and trauma-informed conflict engagement.

WHAT CLIENTS CAN EXPECT

Clients working with Karen can expect a mediator who is:

- Calm, respectful, and steady under pressure
- Insightful about the emotional and relational dynamics of conflict
- Structured and process-driven, without losing the human dimension
- Focused on preserving dignity, strengthening communication, and facilitating sustainable outcomes

Attorney Karen Botha is particularly effective where parties need both compassionate containment and clear process leadership. She helps clients move beyond positional conflict toward informed decision-making, constructive dialogue, and durable agreement.

CREDENTIALS & QUALIFICATIONS

Academic

- BA (Psychology), cum laude
- LLB

- LLM (Family Law)

Professional Standing

- Admitted Attorney of the High Court of South Africa
- CEDR Accredited Commercial Mediator (United Kingdom)
- Accredited Family Mediator
- Accredited Parenting Coordinator

LEADERSHIP, TRAINING & PROFESSIONAL CONTRIBUTION

Karen is the author of *Trauma to Triumph: How Healing Our Past Empowers Us to Lead, Connect and Transform*, a TEDx speaker, and a regular presenter on conflict literacy, trauma-informed leadership, communication, psychological safety, dignity-centred workplaces, and alternative dispute resolution. Her thought leadership reflects a deep commitment to helping individuals and institutions navigate conflict with greater awareness, resilience, and humanity.

Attorney Karen Botha also serves on disciplinary and appeals tribunals and has contributed to professional development initiatives for attorneys, organisations, and community groups. This breadth of service strengthens her ability to support parties and institutions seeking trustworthy, well-managed, and values-driven dispute resolution processes.

BEYOND PRACTICE

Beyond her professional work, Karen Botha brings a thoughtful and creative balance to her life through a wide range of hands-on pursuits, including painting, sewing, scrapbooking, and crocheting. These creative outlets allow her to reflect, reset, and approach her work with renewed clarity—complementing the careful listening and problem-solving required in mediation.

She places great value on time spent with her family and enjoys travelling, particularly where it intersects with history and architecture. Karen has a deep appreciation for castles, churches, abbeys, and other historic structures, drawn not only to their craftsmanship but also to the rich narratives they hold about the people and communities who shaped them.

Her fascination with enduring spaces reflects a broader belief that every story—whether of a place or a person—is worth understanding. This perspective enhances her work as a mediator, where empathy, insight, and respect for each individual's story are central to achieving meaningful resolution.

A NOTE ON HER APPROACH

Attorney Karen brings to mediation a distinctive blend of legal knowledge, psychological understanding, and trauma-informed practice. She understands that lasting resolution is not only about settling a dispute, but about creating the conditions in which people can speak honestly, feel safe enough to participate, and move forward with dignity.

“Dignity creates the conditions for meaningful dialogue, and dialogue makes lasting resolution possible.”

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[Brief Mediator-Attorney Karen Botha](#)

SABWIL

Igama lamakhosikazi malibongwe