



**FEDERAL ELECTION COMMISSION**  
Washington, DC 20463

**Election Form**  
**Equal Employment Opportunity (EEO) Counseling**  
**Or Alternative Dispute Resolution (ADR)**

As an aggrieved party, you may start the EEO process by contacting the Federal Election Commission's EEO Office to initiate filing a complaint of discrimination. Before you can file a complaint, you must choose between traditional EEO counseling and Alternative Dispute Resolution (ADR). The FEC's method of ADR is mediation. Please note when a person elects ADR, the informal processing time limit increases from 30 to 90 days. An EEO Counselor will provide you with the following information so that you can make a decision as to which process to elect:

- Explanation of the stages in the EEO counseling process
- Description of the mediation technique and process used in ADR
- Explanation of the core principles in ensuring fairness, the right to representation, neutrality, confidentiality, and enforceability

Through this form, I acknowledge that I have been informed about the differences between the two processes, and that my choice of forum is final. I have elected to use:

\_\_\_\_\_ ADR (Mediation)

\_\_\_\_\_ Traditional EEO Counseling

\_\_\_\_\_  
Signature of Aggrieved

\_\_\_\_\_  
Date

\_\_\_\_\_  
EEO Counselor

\_\_\_\_\_  
Date

**Privacy Act Statement**

The information on this form is collected pursuant to 29 U.S.C. 206(d), 633(a), 791 and 194a; 42 U.S.C. 2000e-16; E.O. 11478, 3 CFR, 1969 Comp., p. 133, E.O. 12106, 3 CFR, 1978 Comp., p. 263; and 29 CFR part 1614. The information is used primarily in the processing of Equal Employment Opportunity (EEO) complaints. The information may be disclosed: to appropriate Federal, State, or local agencies when relevant to civil, criminal, or regulatory investigations or prosecutions; in judicial or administrative proceedings; to congressional offices; and to authorized officials involved in investigation or settlement of EEO grievances, complaints, and appeals. The information is given voluntarily. Failure to provide the information may delay or prevent the processing of the complaint.