

GLOBAL ADAPT METHOD

A FREE GUIDE FOR EXECUTIVES

Are you ready for your international move?

The Executive Relocation Readiness Checklist: 20 questions to see where you are prepared, and where support could make your transition smoother.

International moves rarely struggle because of skill. They struggle because of culture, communication, family adjustment, and the pace of a new life. This checklist helps you spot those areas early, for you and your family.

BY LILIANA SÁEZ, MBA · FOUNDER, GLOBAL ADAPT METHOD

HOW TO USE THIS CHECKLIST

Check each statement that is true for you most of the time. Be honest: this is for you, not a test. Then add up your checks on the last page.

A Work Culture & Leadership

- ☐ 1 Understands how decisions are made and communicated in the new workplace.
- ☐ 2 Knows what is expected around meetings, hierarchy, and feedback in the new culture.
- ☐ 3 Is ready to adapt their leadership style for a team with different cultural norms.
- ☐ 4 Has a clear picture of priorities for the first months in the new role.

CHECKS IN THIS SECTION / 4

B Communication

- ☐ 5 Is comfortable working in the local language, or has a plan to improve it.
- ☐ 6 Adjusts tone and directness to the local business style.
- ☐ 7 Builds rapport with colleagues outside formal meetings.
- ☐ 8 Asks for clarification instead of assuming meaning across cultures.

CHECKS IN THIS SECTION / 4

C Family & Home

- ☐ 9 Has discussed the move openly with their partner and children.
- ☐ 10 Has a plan for schools, childcare, and their partner's career or activities.
- ☐ 11 Understands housing, healthcare, and daily logistics in the new city.
- ☐ 12 Has agreed with the family on how to stay connected with home.

CHECKS IN THIS SECTION / 4

D Pressure & Wellbeing

- ☐ 13 Recognizes early signs of stress, fatigue, or isolation.
- ☐ 14 Keeps routines for sleep, exercise, and downtime during the transition.
- ☐ 15 Has realistic expectations for the first months.
- ☐ 16 Keeps work pressure from taking over family time.

CHECKS IN THIS SECTION _____ / 4

E Network & Daily Life

- ☐ 17 Has started building a professional network in the new country.
- ☐ 18 Has at least one personal connection outside of work.
- ☐ 19 Is curious about local culture, food, and customs.
- ☐ 20 Has a plan for weekends and free time that helps the family settle in.

CHECKS IN THIS SECTION _____ / 4

YOUR TOTAL

A · Work Culture & Leadership	____ / 4
B · Communication	____ / 4
C · Family & Home	____ / 4
D · Pressure & Wellbeing	____ / 4
E · Network & Daily Life	____ / 4

Total	_____ / 20
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Tip: ask your partner to complete the checklist too, then compare your answers.

The places where you see things differently are often the best starting point for a conversation.

What your score means

16–20

A strong foundation

You have a strong foundation for an international move. Keep building on it, and watch for new challenges in the first few months.

10–15

Some areas need attention

You are partly ready. Focus on the sections with the fewest checks, ideally before the move or in the first weeks.

0–9

Extra support will help

This is common, especially for a first international assignment. These skills can be built, and structured support makes a real difference.

Whatever the total, any section with **2 or fewer checks** is the best place to start.

Three things you can do now

1. **Talk it through as a family.** Share the results with your partner and children and agree on which area matters most.
2. **Start with the lowest section.** Pick one or two areas and work on them now, before or right after the move.
3. **Build your network early.** Make one new professional and one personal connection in your first month.

This checklist is a conversation starter, not an assessment or a diagnosis. If you are concerned about your mental health or your family's, please speak with a licensed professional.

Want a personalized plan?

Global Adapt Method Executive offers focused, confidential support for professionals and their families adapting to a new country, culture, and role. Schedule a free conversation to see if it's the right fit.