

Preparing for Relocation

06.22.2016 | posted by camilleb |    

Relocating for any reason can be a major stressor. Below are a few points to consider that may help mitigate some of the stress associated with a move.

Negotiate

If you are moving to another state or even country then you are in a position to negotiate a relocation agreement. Things that you can negotiate: cost of moving, temporary housing costs, and fees incurred for selling and purchasing a home.

Prepare a Moving Budget

Moving can be an expensive endeavor, so you need to plan these expenses into your budget. Anticipate such costs as:

- Moving Truck or Transportation Services
- Packing supplies (i.e. tape and boxes)
- Mileage and gas
- Lodging/Hotel

Clean House

Take time before the move to clean and get rid of items that you do not need to take with you. A garage sale is a great way to make extra money to help mitigate moving costs. Be sure and make a list of the things that are valuable or difficult to replace, and consider shipping these items by certified mail.

Tie Up Loose Ends

There are many little tasks that you are going to have to remember to accomplish before you relocate. Be sure to keep a list of these tasks, and check them off when accomplished. Things to remember:

- Forwarding address for mail
- Cancel or transfer utilities and/or other household and personal services (pest control, internet, mobile, health club, etc.)
- Transfer or obtain copies of health and education records
- Update your friends with new contact information

Do Your Homework

Research your new community. Find out how you and your family can get involved and make new friends (charities, churches, sports, activities, etc.) When you arrive be sure and take action to meet the neighbors and visit local hot spots, this will make the move a less stressful.

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