

WORKSHOPS



NALC 74TH BIENNIAL CONVENTION
AUGUST 3-7, 2026

MONDAY

MORNING SESSION 7:30 - 9 AM

City Delivery | Petree Hall
Repeats on Wednesday.

Emergency Response Team (ERT)/Employee Assistance Program (EAP) | 502 A

Contract Administration Unit (CAU) | 515 AB
Repeats on Thursday.

Branch Trustee Training | 403 AB

Mutual Benefit Association (MBA) | 502 B

Military Veterans' Rights | 152 & 153 AB

AFTERNOON SESSION 3:15 - 4:45 PM

Following a Grievance from Start to Finish: Part 1 | Petree Hall

Managing Branch Finances: A Study in Basic Operations | 152 & 153 AB

Navigating the Legislative Nightmare | 502 B

Building Retirement Security with the Thrift Savings Plan (TSP) | 150 ABC & 151

Local Negotiations | 403 AB
Repeats on Tuesday.

Navigating Through OWCP Under the New Administration | 515 AB

TUESDAY

MORNING SESSION 7:30 - 9 AM

NALC Health Benefit Plan—Whole Health Explained | Petree Hall

Estate and Trust Planning | 408 AB

International Postal Report | 502 A

Safety and Health— A Briefing on our Issues | 152 & 153 AB

Risk Management and Branch Policies | 403 AB

Recruiting and Mentoring Union Activists | 150 ABC & 151

AFTERNOON SESSION 3:15 - 4:45 PM

Following a Grievance from Start to Finish: Part 2 | Petree Hall

Local Negotiations | 152 & 153 AB
Same as Monday.

Ethical Decision Making | 403 AB

The Economic Realities of the Postal Service | 502 A
Repeats on Wednesday.

OWCP: Claim Basics | 515 AB

Effective Branch Communications | 150 ABC & 151

WEDNESDAY

MORNING SESSION 7:30 - 9 AM

Navigating Federal Retirement: What Every Letter Carrier Needs to Know | Petree Hall

Conversion to Career and the Alternate Dispute Resolution Process | 152 & 153 AB

City Delivery | 515 AB
Same as Monday.

Fraud Prevention and Detection | 403 AB

Research and Resources for Stewards | 408 AB

Ethical Decision Making | 502 A
Same as Tuesday.

AFTERNOON SESSION 3:15 - 4:45 PM

Following a Grievance from Start to Finish: Part 3 | Petree Hall

Defenses to Discipline | 408 AB
Repeats on Thursday.

Understanding the LM-3 | 502 A

Strategic Planning for New Branch Leaders | 152 & 153 AB

Legislative and Political Update | 502 B

How Interest Arbitration Works | 403 AB

THURSDAY

MORNING SESSION 7:30 - 9 AM

Contract Administration Unit (CAU) | Petree Hall *Same as Monday.*

NALC's Stamp Out Hunger® Food Drive and Union Plus | 502 B

Dignity and Respect in the Workplace | 403 AB

NALC Constitution and Bylaws/Records Management | 502 A

The FMLA and the PWFA: Insights and Guidance for Letter Carriers and Local Leaders | 515 AB

The Letter Carrier Political Fund—Successful Branch Practices | 150 ABC & 151

AFTERNOON SESSION 3:15 - 4:45 PM

Following a Grievance from Start to Finish: Part 4 | Petree Hall

Raising Awareness—NALC Disaster Relief Foundation and MDA | 150 ABC & 151

'The Revolt of the Good Guys' 515 AB

Defenses to Discipline | 408 AB
Same as Wednesday.

The Effective Use of Social Media | 403 AB

Influential Women of the Labor Movement | 152 & 153 AB