

Nova Scotia Federation of Labour **New Sister of the Year Award 2026**



Purpose

To celebrate a union sister who is proving their dedication to the trade union movement and the advancement of women's voices.

Guidelines

Nominations, for the New Sister of the Year Award, will be sought from the membership of unions affiliated with the NSFL. It is open to those who identify as a woman.

Email completed nomination form: accounts@nslabour.ca or Mail: Amy Morris, Nova Scotia Federation of Labour, 3700 Kempt Rd., Suite 225, Halifax, NS, B3K 4X8. The award will be presented on March 7, at the NSFL Breakfast we host to celebrate International Women's Day.

Criteria

Nominee must be beginning to show interest and participate in their union activism journey. They participate as an activist and leader in her union, community or beyond. Nominations must include the completed nomination form and a detailed profile of the nominee, describing her contribution to the labour movement and the advancement of women's rights. Current members of the NSFL Women's Committee are ineligible for this award.

The NSFL New Sister of the Year Award celebrates a union sister who has started their dedication to the trade union movement and the advancement of women's voices. The New Sister of the Year is a woman who is working diligently and deserves to be recognized for her hard work and dedication. This award is aimed at grass roots labour and women's rights defenders. It acknowledges that women contribute in a variety of ways. When women raise their voices, they also raise the voices of the women around them, offering strength and encouragement.

Please complete this application in full and include a cover letter describing why you believe your nominee is deserving of this award. If the application form does not provide enough space, you may include one additional page along with your application. Please ensure that all additional documentation includes your name, as the nominator, and the name of the nominee. **Please send completed forms to the NSFL by February 19, 2026.**

Name of Nominee and union:	
Name of Nominator:	Affiliated Union:
Over...	Nominator E-mail:

Provide a detailed description of the nominee's trade union involvement, including current & past positions held, committees, education, leadership, organizing etc.

Describe how the nominee contributes to the spirit of the trade union movement and promotes solidarity.

Describe how the nominee contributes in her community.

Describe how the nominee contributes to the advancement of women.

Please tell us why you believe the nominee is deserving of the Sister of the Year Award. (Use additional paper if necessary.)

Over...