Belonging to a central labour body provides several benefits.

### During public sector negotiations

- The CSQ sits at the central table and negotiates with the Treasury Board about the following:
  - salaries
  - retirement
  - parental rights
  - regional disparities

- Only central labour bodies negotiate at the central table

### In terms of mobilization

- Central labour bodies also have significant power to act as they are present across Québec.

### Between periods of negotiation

- Central labour bodies influence the government with regards to important issues that affect their members. Parliamentarians accept their legitimacy to intervene in social issues as they represent not just a category of worker, but rather a diverse membership that reflects all of society. For this reason, central labour bodies:
  - participate in numerous consultations and parliamentary commissions;

- Are the only organizations representing workers that are invited to prebudget consultations, extensive consultations or large meetings of the Québec government.

- Central labour bodies serve on executive boards of public organizations, such as Retraite Québec.