

## Navy Touchpoint Training Information

Touchpoint	Delivery Method	Estimated Course Length
First Duty Station	ILT, CL	45 minutes
Permanent Change of Station (PCS)	ILT, CL	45 minutes
Promotion	ILT, CL	30 minutes
Vesting in the Thrift Savings Plan (TSP)	ILT, CL	90 minutes
Entitlement to Continuation Pay (CP)	ILT, CL	30 minutes
Marriage	ILT, CL	45 minutes
Welcoming Your First Child	ILT, CL	30 minutes
Preparing for Divorce	ILT, CL	60 minutes
Disabling Sickness or Condition	ILT, CL	60 minutes
Leadership Training	ILT, CL	45 minutes
Pre-Deployment Preparation	ILT, CL	30 minutes
Post-Deployment	ILT, CL	35 minutes

**Training Information Notes:** ILT: Instructor-led training | CL: Counselor Checklist

**Information Updated:** March 14, 2024