

# CDANZ SIG Character Strengths Overview and Schedule 2026

*This Google Doc will be updated with any changes.*

## UPDATED 1 May 2026

The [CDANZ](#) Special Interest Group (SIG) on Character Strengths focuses on understanding and applying character strengths to career development and career wellbeing. The SIG welcomes both CDANZ members and non-members.

Who should attend:

- careers practitioner
- academic or professional staff working in educational institutions
- career coach in private practice
- HR professional

Meetings are held on Zoom every 2 months or so. Meetings provide an opportunity for participants to learn more about character strengths, share their own reflections, and discuss practical applications in career development and their own contexts.

The SIG is free to join and the focus is on collaborative learning and peer support. This is NOT a platform for promoting professional services or commercial offerings.

The Character Strengths SIG is led by CDANZ Professional Member Dr Sherrie Lee on a volunteer basis.

Meetings may be recorded and shared where permission is given, on the understanding that recordings are strictly for personal viewing and not for further dissemination.

## 2026 SIG Meeting Schedule

All sessions will be held at 7:00–8:00 PM (New Zealand time) on the following dates.

- Thu 19 February 2026
- Thu 23 April 2026
- Tue 16 June 2026
- Thu 20 August 2026
- Thu 22 October 2026

Pre-Meeting Preparation: Please complete the VIA Character Strengths Survey and bring along a copy of your results to the meeting. The survey is free and is available at:

<https://www.viacharacter.org/account/register>

Host: Dr Sherrie Lee, Career Consultant, Victoria University of Wellington, CDANZ  
Professional Member

Learn more about character strengths in career development: [Dr Sherrie Lee | Character Strengths in your Career Development](#)

Feel free to share this information with others who may be interested. Contact [dr.sherrie.lee@outlook.com](mailto:dr.sherrie.lee@outlook.com) if you have any questions.