

Welcome to this week's presentation & conversation hosted by the **Canadian Association for the Club of Rome**, a Club dedicated to intelligent debate & action on global issues.

The views and opinions expressed in this presentation are those of the speaker & do not necessarily reflect the views or positions of CACOR.

## CACOR Live

### A Battle for Hearts & Minds: Cognitive Warfare & Democratic Defense From Europe to Canada

**Profile:** Canadian Elizabeth Anderson, a former Fulbright Scholar, deals with defending democracies in the digital age. Her work centres on cognitive & grey-zone warfare—particularly psychological & influence operations—and digital authoritarianism, ensuring Canada & its partners are ready for threats across all domains. She has three core themes: (1) cognitive & grey-zone warfare; (2) Ukraine's defence against Russian aggression & transatlantic security; & (3) Canada's Defence Industrial Strategy. Elizabeth applies a whole-of-society approach—drawing on Finland's comprehensive-security model & advanced technologies, including AI & quantum computing—to strengthen democratic resilience. Elizabeth served as Director of Operations & Senior Advisor for International Security to Canada's Minister of Foreign Affairs & has extensive experience in multiple government portfolios.

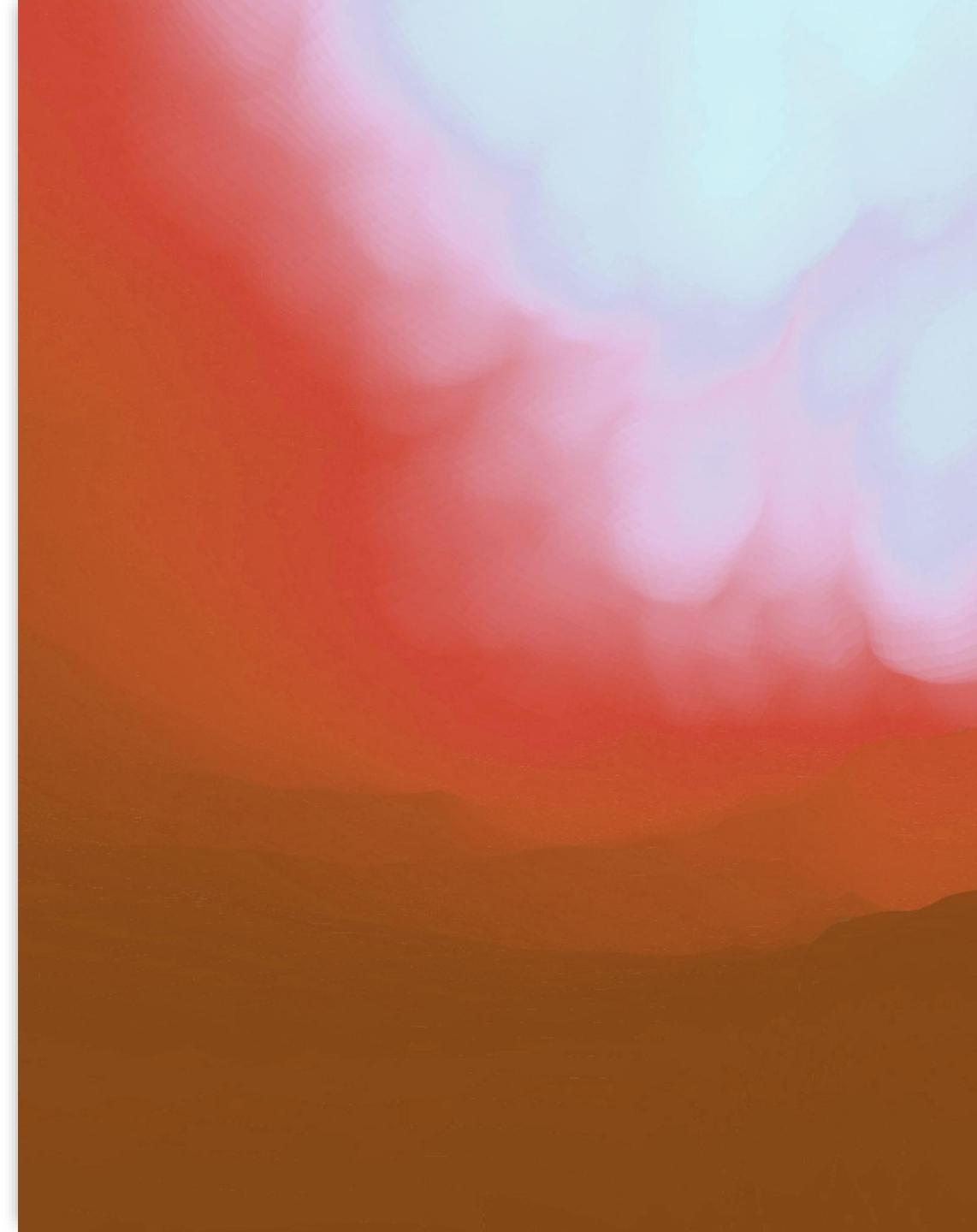
**Summary:** Our adversaries are targeting the cognitive domain: deliberately manipulating citizens' perception of reality to undermine democratic governance. Democracies that cannot think clearly cannot act collectively. Whether delivered through missiles on power grids or algorithmic manipulation, the target is always the same: the citizen's capacity to understand reality, trust institutions, & sustain political will. Drawing on field research across 15 European countries, Elizabeth examines how frontline democracies have built practical defences against cognitive warfare. At a moment of rupture in the international order, middle powers must build strength at home & act together. Will we recognize these threats & act decisively to defend our democratic way of life?

CACOR acknowledges that we all benefit from sharing the traditional territories of local Indigenous peoples (First Nations, Métis, & Inuit in Canada) and their descendants.



Website: [canadiancor.com](http://canadiancor.com)  
YouTube: [Canadian Association for the Club of Rome](https://www.youtube.com/c/CanadianAssociationfortheClubofRome)  
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# A Battle for Hearts & Minds



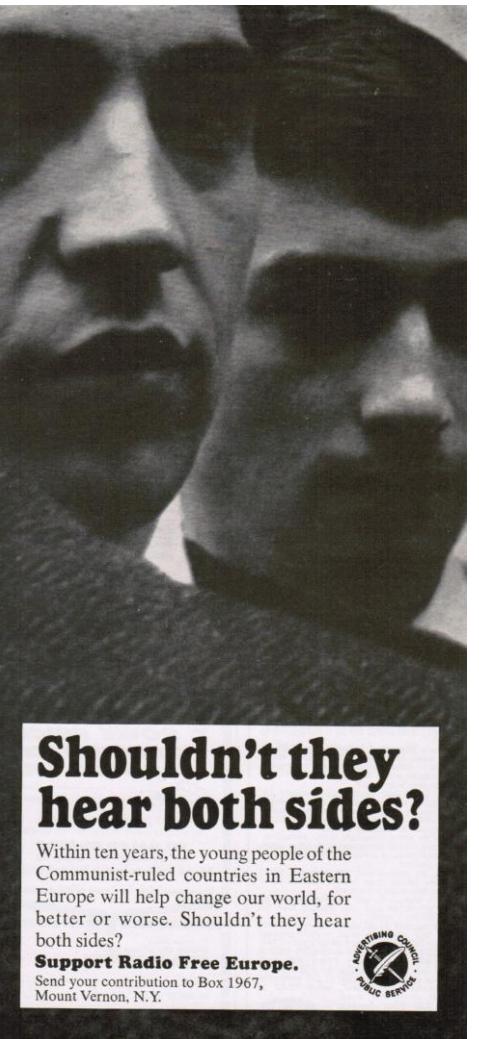


“The supreme art of war is  
to subdue the enemy without  
fighting.”

SUN TZU

@ARTOFWARQUOTE

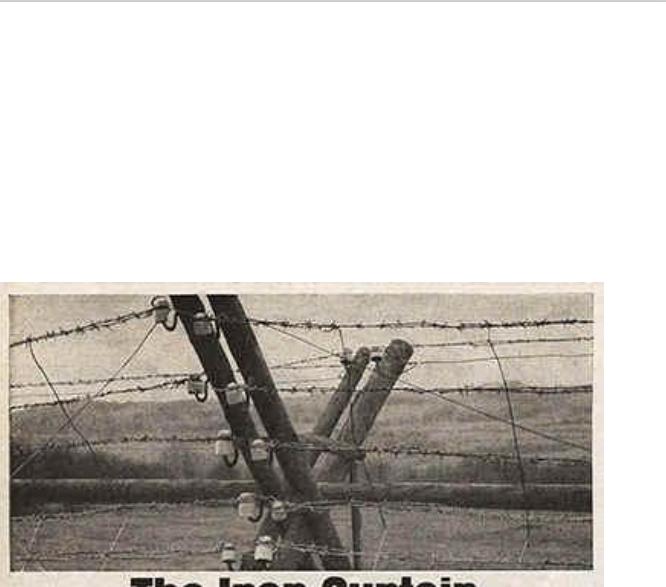




## Shouldn't they hear both sides?

Within ten years, the young people of the Communist-ruled countries in Eastern Europe will help change our world, for better or worse. Shouldn't they hear both sides?

**Support Radio Free Europe.**  
Send your contribution to Box 1967,  
Mount Vernon, N.Y.



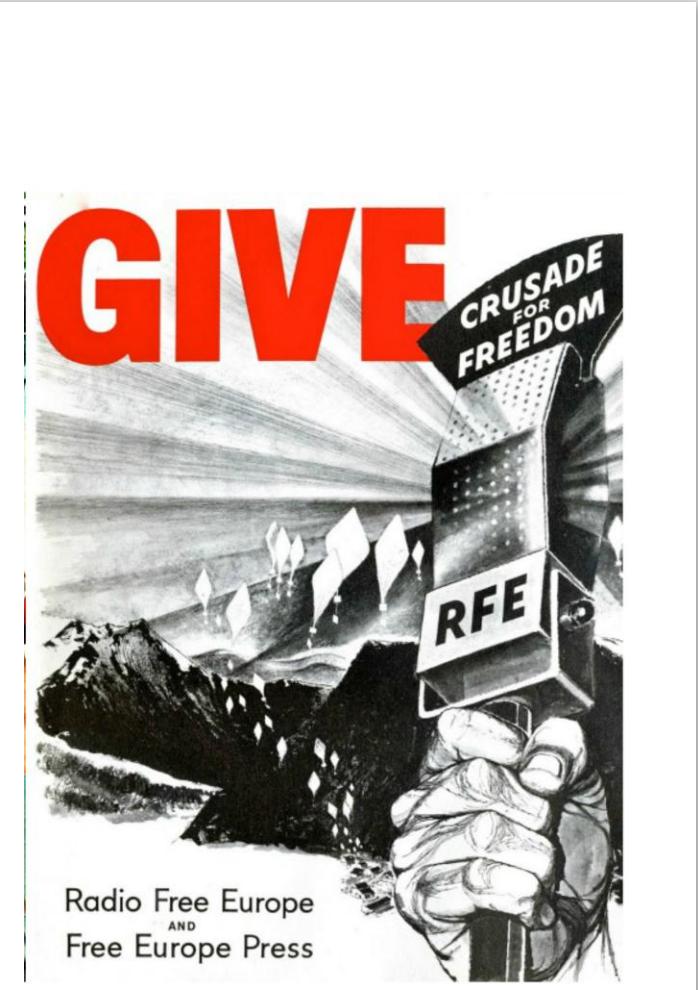
## The Iron Curtain isn't soundproof.

And so the truth is broadcast, through the air, where it can't be stopped by walls and guards, up to 18 hours a day to millions of people in the closed countries behind the Iron Curtain.

Will you help the truth get through? Whatever you can give will mean a great deal to a great many people behind the Iron Curtain.

Send your contribution to:

**Radio Free Europe, Box 1965, Mt. Vernon, N.Y.** 



# GIVE

**CRUSADE FOR  
FREEDOM**

**RFE**

Radio Free Europe  
AND  
Free Europe Press



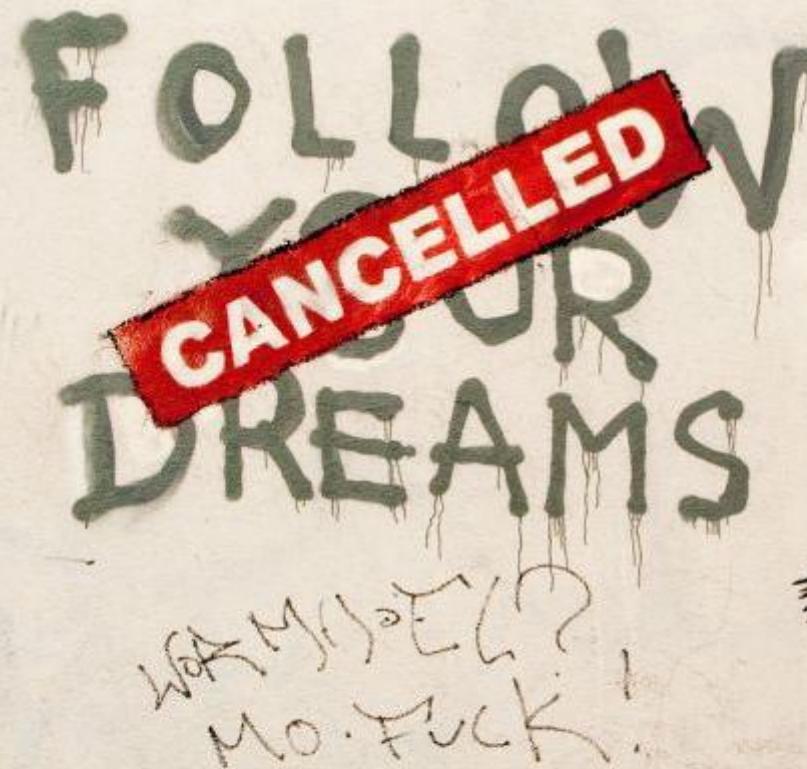
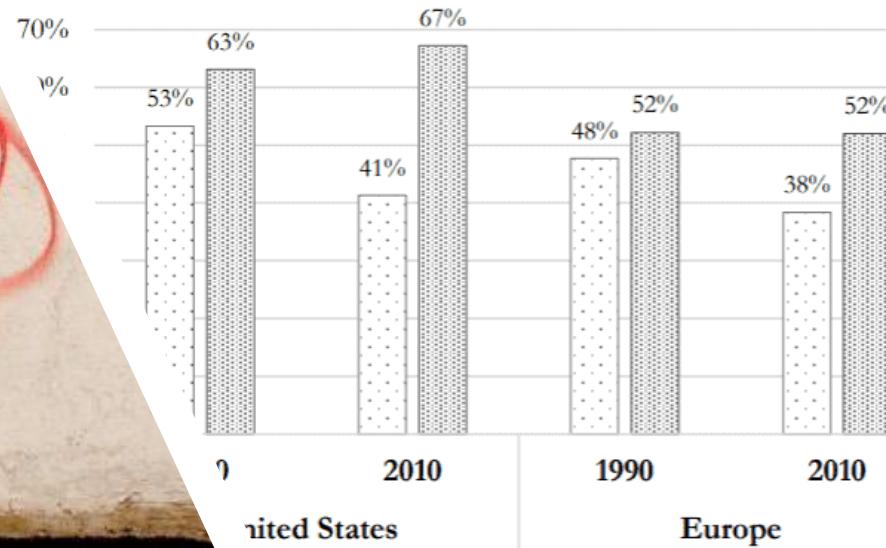
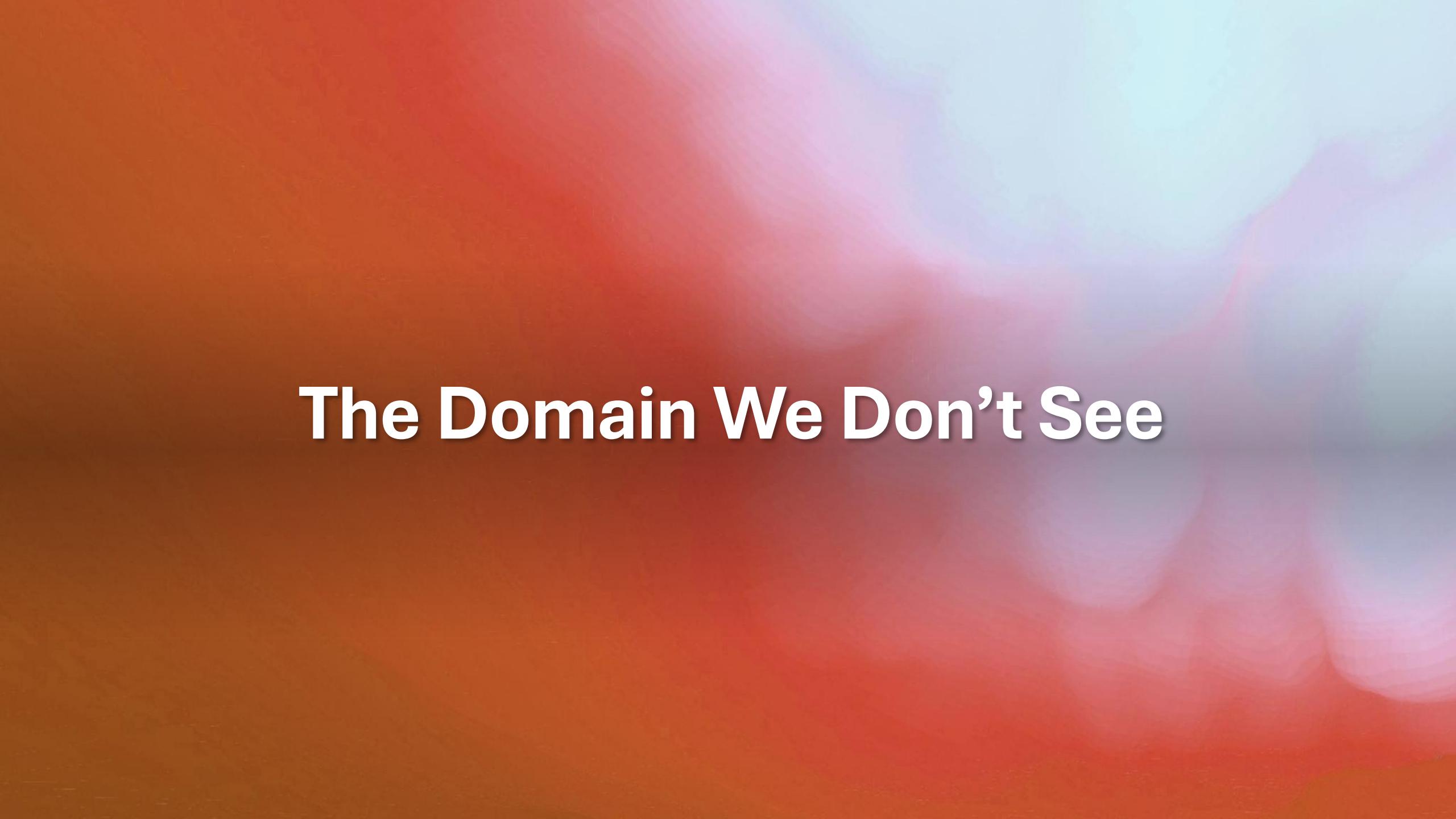


FIGURE 3—THE WIDENING “POLITICAL APATHY GAP”



A blurred background image of a landscape, possibly a sunset or sunrise, with warm red and orange tones on the left transitioning into cooler blues and greens on the right. Some faint outlines of trees or foliage are visible through the blur.

# The Domain We Don't See



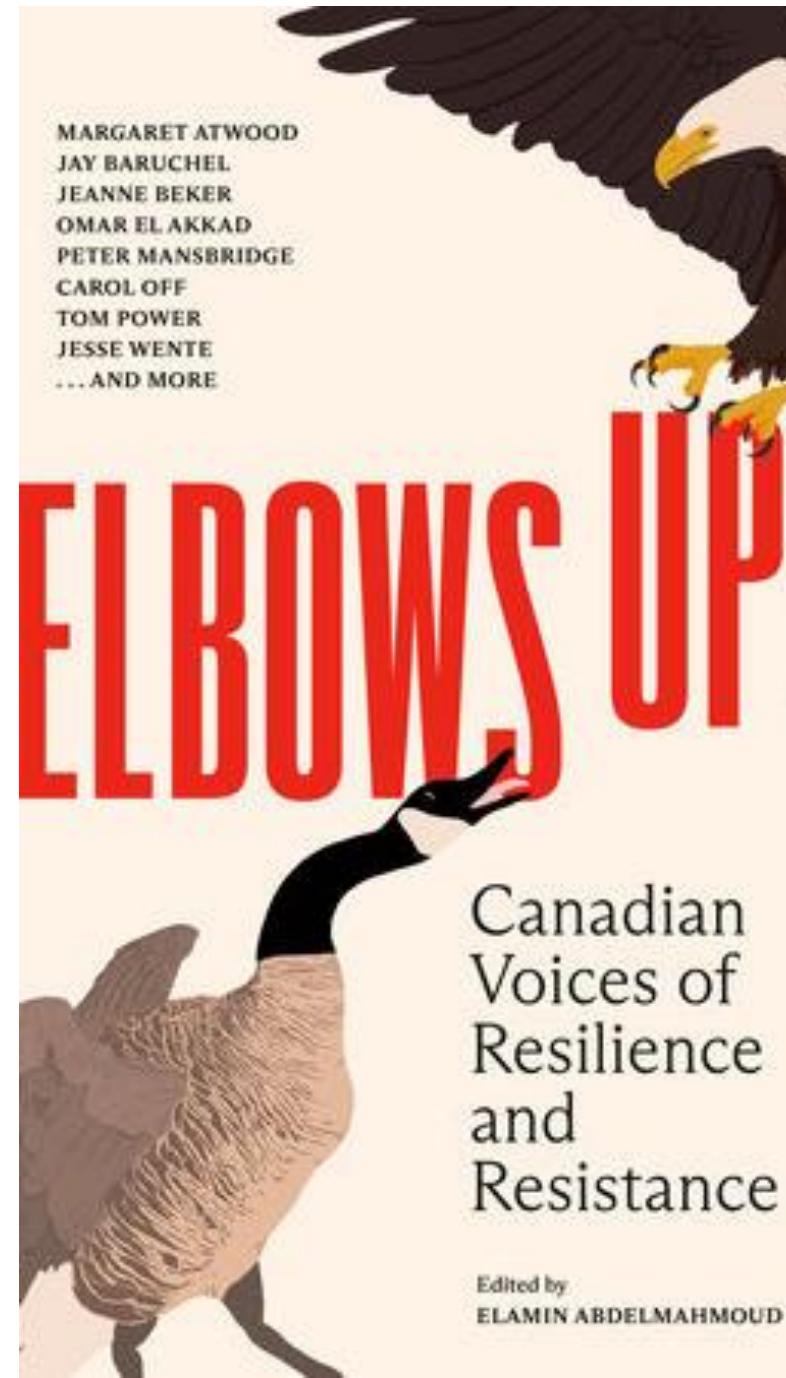


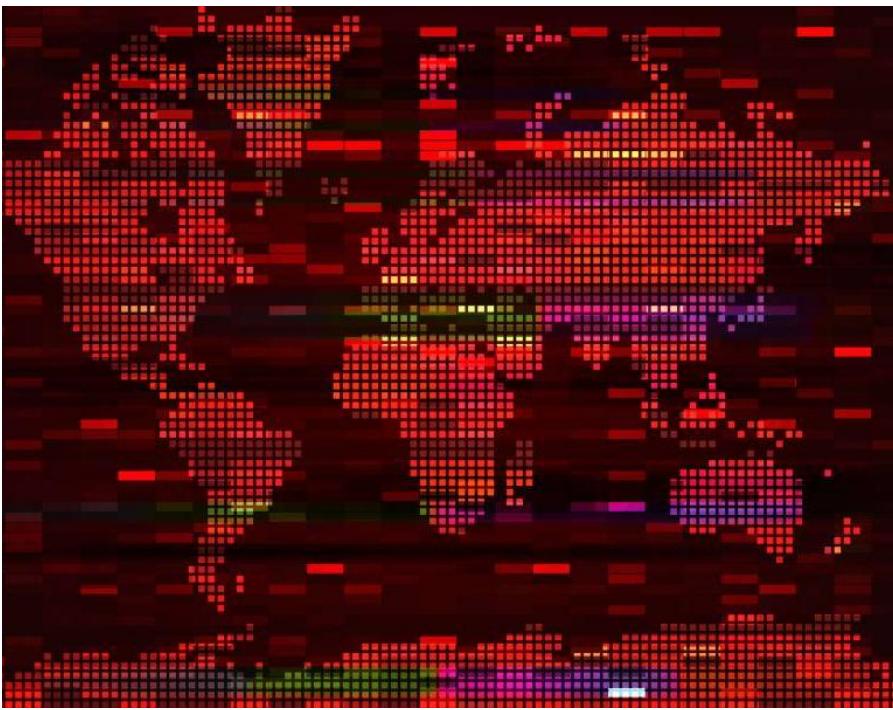
*"I am Canadian, a free Canadian, free to speak without fear, free to worship God in my own way, free to stand for what I think right, free to oppose what I believe wrong, free to choose those who govern my country. This heritage of freedom I pledge to uphold for myself and all mankind."*

- John Diefenbaker, House of Commons Debates, 1 July 1960

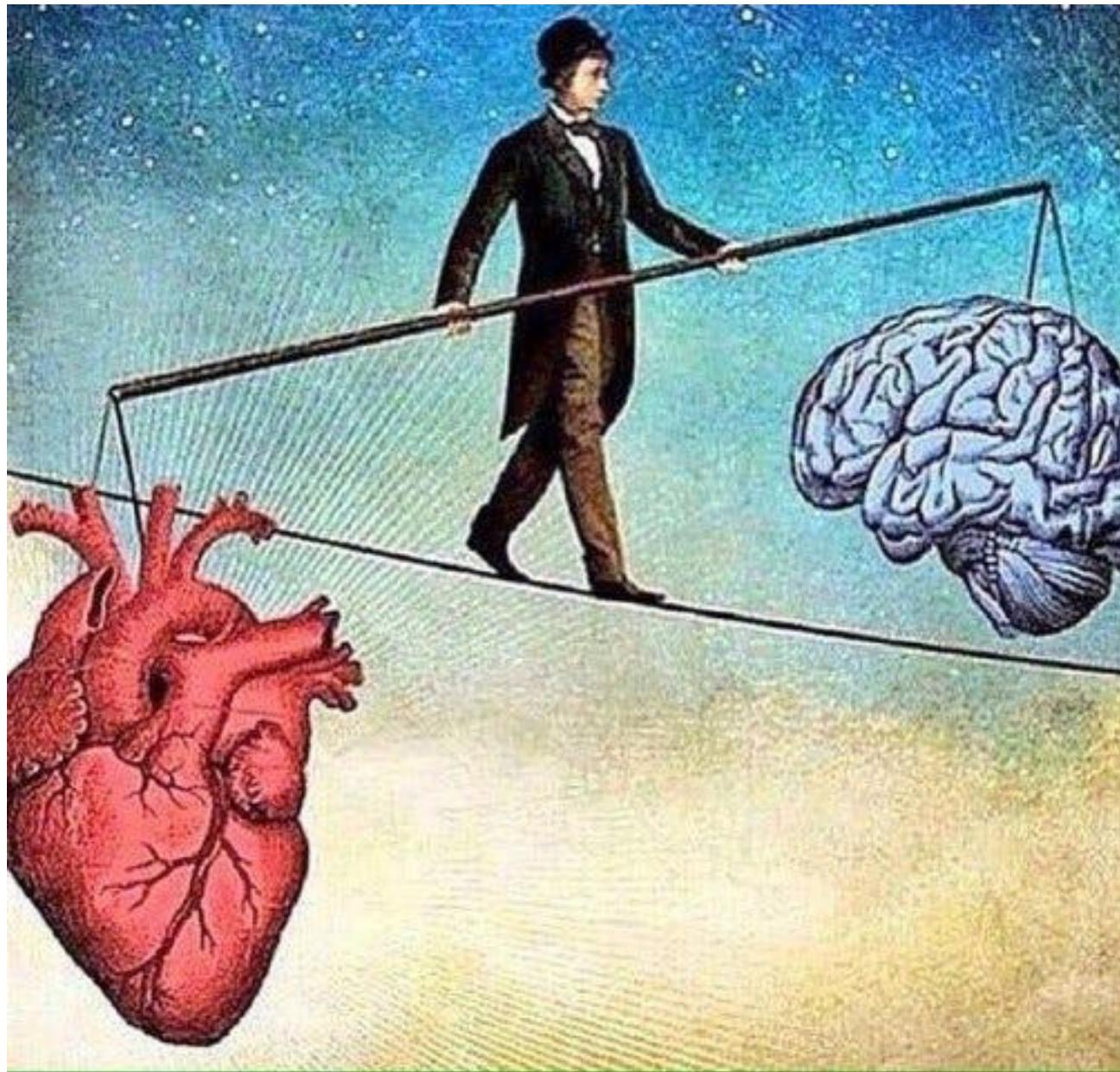
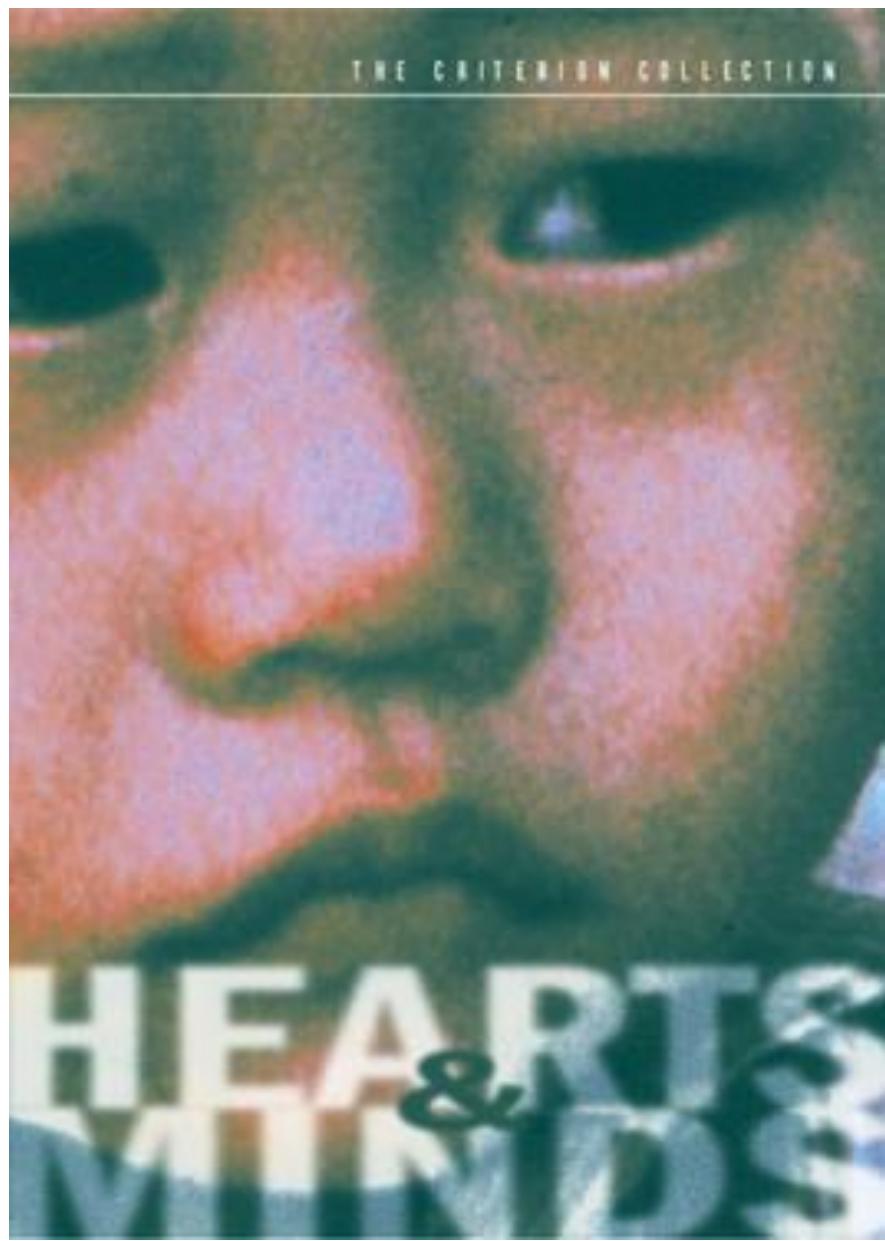






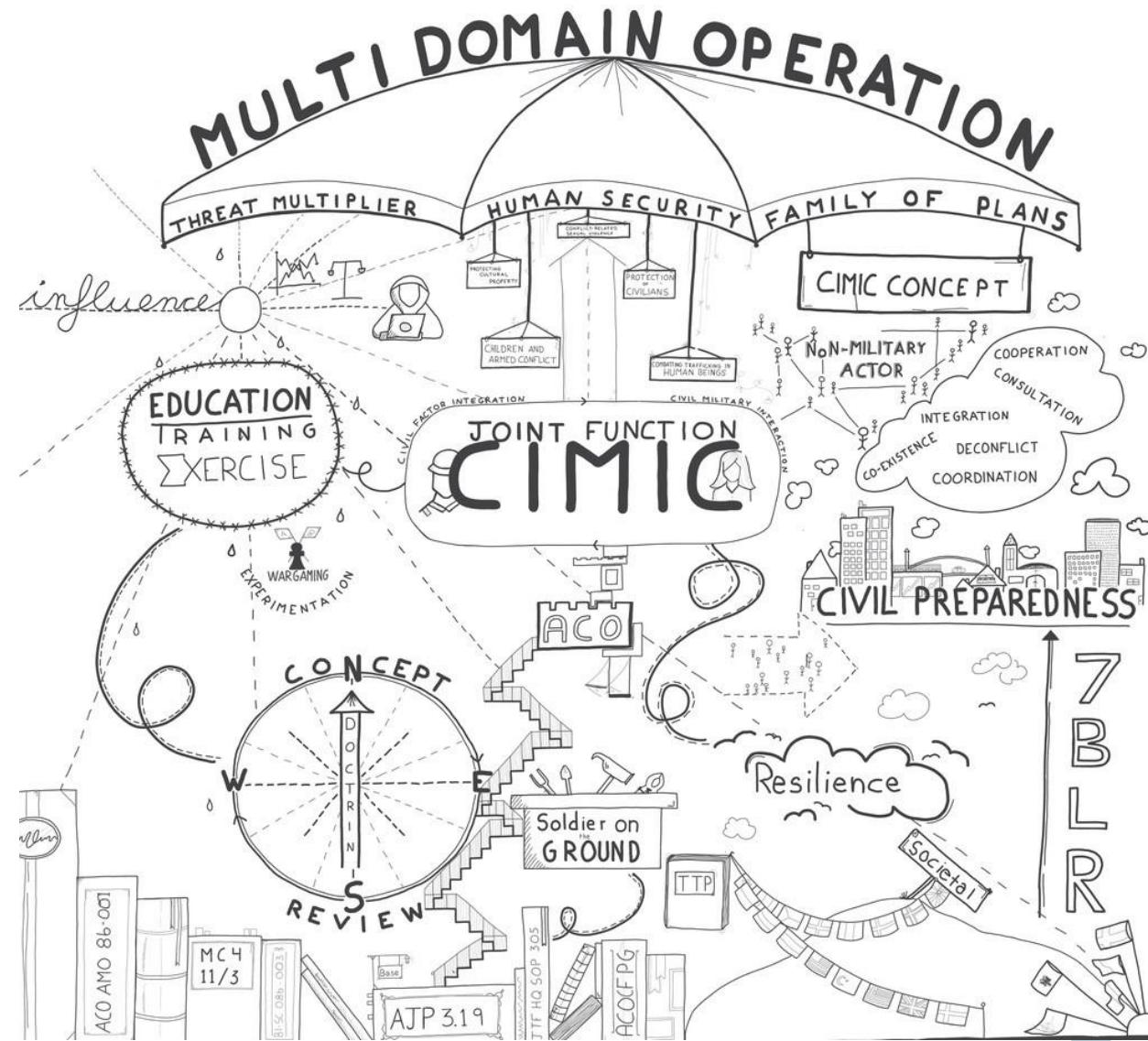
















Important information to all residents of Sweden



**In case of  
crisis or war**

ASK NOT WHAT  
YOUR COUNTRY  
CAN DO FOR YOU  
ASK WHAT  
YOU CAN DO FOR  
YOUR COUNTRY

*John F. Kennedy*

[celebquote.com](http://celebquote.com)









Prepared or unprepared.

Together or divided.

Awake or asleep.





THERE IS ALWAYS HOPE