

MEETING ABSTRACTS

CHARACTER-BASED EMOTIONAL INTELLIGENCE: A CONCEPTUAL MAPPING FOR MILITARY LEADERSHIP

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This conceptual study highlights the importance of aligning performance and well-being within the Canadian Armed Forces (CAF). It proposes strengthening military leadership through an integrated approach grounded in emotional intelligence (EI) and character strengths (CS). EI, as conceptualized by Goleman, includes four domains and 12 key competencies, while the VIA classification by Peterson and Seligman identifies 24 CS that contribute to human flourishing. Following a brief literature review on EI's role in leadership and well-being, the study underscores that character strengths remain underexplored in military contexts. Yet, strengths like curiosity, creativity, social intelligence, and creativity may act as key enablers of emotional competencies such as emotional self-awareness, adaptability, empathy, and conflict management. The study proposes a conceptual mapping linking each EI competency to specific CS, suggesting that targeted activation of these strengths can enhance decision-making, stress regulation, and team motivation. Practical applications are outlined, including leadership training, coaching initiatives, and workshops on stress management and collaboration.

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Keywords: emotional intelligence; character strengths; leadership; well-being; military psychology

References

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