

Abstract

The overall purpose of the study is to contribute to the small state literature. The thesis demonstrates that small states can increase their influence within the current international environment, with the use of different kind of 'soft power' tools. Therefore, an in-depth analysis is conducted about the influence capabilities of Lithuania within the EU and NATO. To adequately demonstrate Lithuania's results and influence capabilities, case study research is applied on two policy areas: Lithuania's energy security initiatives within the EU and NATO *vis-à-vis* Russia; and Lithuania's military initiatives within NATO after the annexation of Crimea in 2014. The thesis built on the combination of three theories, including *Regional Security Complex Theory*, *Alliance Shelter Theory*, and *the Theory of Power*. This leads to the analysis of eight 'soft power tools' (Political Will and Prioritisation; Cooperation with the Close Neighbours and Within the Region; Relationship with the European Commission; Personal Relationship; Relationship with the Presidency of the Council of the European Union; The Character/ Personality of the President or the Prime Minister; Discourse and Framing; Reputation and Image). The main conclusion of the thesis is that due to these instruments, Lithuania 'as a small state' was able to increase its influence within international organisations, like the EU and NATO.