

J. Paul Nadeau

International Peacekeeper | Hostage Negotiator | Author | Keynote Speaker | Actor

Few people spend their careers negotiating with criminals, terrorists, and people in crisis. J. Paul Nadeau has done exactly that.

J. Paul Nadeau has spent more than three decades working in places where decisions matter and the stakes are human lives. A former hostage negotiator, international peacekeeper, and decorated detective in Major Crimes and the Special Victims Unit, he built his career navigating violent conflict, high-risk investigations, and the psychology of human behavior.

During the Iraq War, Paul served in the Middle East, helping train more than 3,000 Iraqi police cadets as they worked to rebuild their country. In one extraordinary moment, his life was spared by a terrorist because of the human connection he had established. That true story is now being developed into the film and television project *Kill Order*.

Today, Paul brings those hard-earned lessons to audiences around the world as a keynote speaker, author, and strategist on negotiation, communication, and conflict resolution. Drawing from real encounters with criminals, extremists, and people in crisis, he teaches practical strategies for navigating high-stakes conversations in business, leadership, and everyday life.

He is the author of five books, including *Take Control of Your Life* (HarperCollins), *Dammit, Just Ask*, and *The Hostage Effect*, which explores how individuals and societies can reclaim their autonomy in a world that increasingly feels out of control. His insights on negotiation, crime, and human behavior have been featured in major media outlets. He delivered the opening keynote at the Canadian Mental Health Association's 2019 national conference and gave a TEDx talk titled *Finding Humanity When You Least Expect It*.

Raised in a violent and abusive household, Paul knows firsthand what it means to live in silent captivity, not in chains, but in thoughts. That experience shaped his empathy and resilience, allowing him to connect deeply with people trapped by fear, trauma, and self-doubt.

His work today centers on helping others recognize the unseen forces that hold them back and giving them the tools to break free. Whether speaking on stage, coaching leaders, or writing his next book, his mission remains clear: every hostage deserves a way out.

Paul's speaking style blends gripping real-life stories with practical insight. Audiences leave with a deeper understanding of negotiation, the psychology of conflict, and the principle that has guided his career from the beginning: treat people with dignity and respect, even in the most difficult moments.