

SPEAKER · FACILITATOR · COACH

ALAIN LAGGER

"When officers reconnect to themselves, they reconnect to the communities they serve."

alainlagger.com

SIGNATURE TALK

HEALING AND CONNECTING WHILE SERVING AND PROTECTING

ABOUT THE TALK

Alain joined the Dutch police force at 16, the youngest officer in the country. Eight years later, what he had witnessed inside the system changed the direction of his life.

He left the force and walked toward the very people and places law enforcement rarely reaches, in prisons, on the streets, communities in crisis, carrying the same commitment to justice but through a different lens.

Today he brings that lived understanding into police academies, departments, and institutions across two continents. To support those on the front lines with tools to strengthen resilience, lower violence, and feel more connected to the community they serve.

KEY THEMES

- Nervous system regulation under chronic stress
- Officer resilience and sustainable service
- The human being behind the badge
- Connection as a tool for community trust
- Presence as a force for de-escalation



INSTITUTIONS & EXPERIENCE

- Youngest officer on the Dutch police force at 16, eight years of service
- Los Angeles Sheriff's Department, VIDA Program and Women's Jail
- LAPD, Youth Programs and community initiatives Watts, Los Angeles
- Guest professor, California State University criminology programs
- Served over 8,000 incarcerated men and women across Colombia and the United States
- Costa Rican Fuerza Publica and Policia Municipal training & community projects

ABOUT ALAIN

Alain Lagger is a facilitator, speaker, and coach working at the intersection of personal transformation and systemic healing. He has stood on both sides of the thin blue line. That lived experience is what makes his work with law enforcement unlike anything else your group will encounter.

See Law Enforcement Work in full.

Videos, testimonials, photos and the full story

www.alainlagger.com

BOOK

Keynote "Serving & Connecting"
Half Day or Full Day Workshop
Team Building - Leadership Retreat

AVAILABILITY

Globally available year-round
Based in the USA/Colombia
Europe Tour: Netherlands June/July 2026

ALSO AVAILABLE FOR

Multi-day training programs
Officer wellness retreat
Ongoing facilitation series