Speaker · Facilitator · Human Performance Specialist

ALAIN LAGGER

From the Dutch police force to prisons, gangs, youth programs, and international law enforcement training. Alain brings a perspective few in policing have ever lived.

alainlagger.com

RESILIENCE, TRUST & HUMAN PERFORMANCE IN MODERN POLICING

“When officers reconnect to themselves, they reconnect to the communities they serve”

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**
- **Emotional resilience**

"As law enforcement faces rising stress, burnout and community tension worldwide, Alain's work offers tools that reconnect performance, humanity and sustainable service."

INSTITUTIONS & EXPERIENCE

- **LAPD,** Youth Programs and community initiatives Watts, Los Angeles
- **Los Angeles Sheriff’s Department,** VIDA Program and Women’s jail.
- **Served over 8,000 incarcerated men and women**
- **Costa Rica Policia Municipal training** & community projects
- Guest professor, **California State University criminology programs**
- Youngest officer on the **Dutch police force** at 16, eight years of service

KEY OUTCOMES

- **Reduced burnout and emotional exhaustion**
- **Improved officer/community communication**
- **Tools for nervous system regulation**
- **Greater team cohesion and morale**
- **De-escalation through presence and regulation**
- **Sustainable leadership under pressure**

ABOUT ALAIN

For over three decades, Alain Lagger has worked at the intersection of leadership, human behavior, emotional resilience, and organizational transformation across Latin America, the United States, and Europe.

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