



SPEAKER · FACILITATOR · COACH

ALAIN LAGGER

"Most people spend their lives trying to change the world around them. Very few stop long enough to look within. That is where everything begins."

alainlager.com



SIGNATURE TALK

THE MEDICINE OF CONNECTION

ABOUT THE TALK

In a world that rewards speed and performance, most people have quietly lost contact with themselves. They function. They achieve. And underneath it all, it can feel like something essential is missing.

After a turbulent career In Law Enforcement, Alain has spent decades working at the edges of human experience, inside prisons, with indigenous elders, in boardrooms, and in communities rebuilding after violence.

What he has found in every setting is the same quiet truth: beneath the noise, the pace, and the performance, there is something in each of us that already knows the way home. This talk will illuminate that path.

KEY THEMES

- Presence as the foundation of all healing and connection
- The inner landscape that shapes outer experience
- Compassion as a daily practice
- The journey back to self in a world of constant noise
- Understanding your story, ancestry and purpose



INSTITUTIONS & EXPERIENCE

- Over 35 years of personal coaching experience across three continents
- Founder of Fuerza de Amor, Costa Rica
- Wellness keynotes and immersive retreats for corporate and wellness communities
- Facilitator of men's retreats, women's work, and nature immersion
- Served over 8,000 incarcerated men and women across Colombia and the United States
- Speaker at wellness and leadership conferences across two continents

ABOUT ALAIN

Alain Lager is a Swiss Dutch facilitator, speaker, and coach. His work spans prisons and boardrooms, indigenous communities and corporate retreats, always asking the same question: what does it take for a human being to come home to themselves?

Explore Alain's work In depth

Videos, testimonials, photos and the full story

www.alainlager.com

BOOK

Keynote "The Medicine of Connection"
Half Day or Full Day Workshop
Wellness Retreat or Immersive Experience

AVAILABILITY

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

ALSO AVAILABLE FOR

Multi-day immersive retreat
Nature immersion
Ongoing facilitation series