Speaker · Facilitator · Human Connection Specialist

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."

alainlagger.com

THE MEDICINE OF CONNECTION

"Presence, nervous system regulation, purpose, and human reconnection in the modern world."

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.

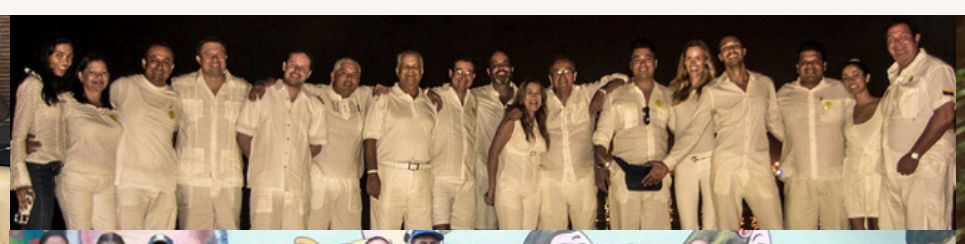
After a turbulent career in Law Enforcement, Alain has spent decades working at the edges of human experience, inside prisons, with indigenous elders, in boardrooms, and in communities rebuilding after violence.

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

- Regulation as the foundation for connection
- The inner landscape that shapes our outer experience
- Human reconnection in an age of overstimulation
- Identity, meaning and purpose
- Understanding the stories that shape us
- Finding your voice, speaking your truth

"Beneath the noise and performance of modern life, there is something within us that already knows the way home."



INSTITUTIONS & EXPERIENCE

- Over **35 years of transformational coaching experience**
- Facilitator of **men's retreats, women's work,** and nature immersions
- **Founder of Fuerza de Amor,** Mutual-aid network in Costa Rica
- Ex-police officer who **served over 8,000 incarcerated men and women**
- **100+ Wellness keynotes and immersive retreats**
- **Pioneer in corporate wellness and culture programs in Latin America**

KEY OUTCOMES

- **deeper self-awareness**
- **emotional reconnection**
- **nervous system regulation**
- **improved relationships**
- **reconnection to purpose**
- **emotional resilience**

ABOUT ALAIN

Alain Lagger is a Dutch / Swiss 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.alainlagger.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