Speaker · Facilitator · Mentor

ALAIN LAGGER

"Reach a young person before the world tells them who they are, and you change everything that follows."

alainlagger.com

LEVEL UP: CONNECTION, PURPOSE, AND INNER STRENGTH

“A youth development keynote on identity, emotional resilience, purpose, and self-worth.”

ABOUT THE TALK

Every young person carries more strength, clarity, and purpose than the world has given them credit for. This work is about helping them find it, name it, and live it.

Alain began his career as the youngest officer on the Dutch police force at sixteen, working with at risk youth from day one.

Since then he has worked with young people across three continents, in schools, detention programs, and communities in the US, Costa Rica, and Colombia. He makes complex themes like identity, purpose, and emotional intelligence tangible, joyful, and immediately useful for young people aged 6 to 17.

Alain's talks and workshops meet young people exactly where they are, and help them level up from the inside out.

KEY THEMES

- **Identity & self worth**
- **Bullying**
- **Digital overstimulation anxiety**
- **Emotional regulation**
- **Emotional intelligence**
- **Relationships, communication, loneliness, connection**

“In an age of social media pressure, emotional disconnection, and rising anxiety among young people, Alain’s work helps youth reconnect to identity, purpose, confidence, and human connection.”

INSTITUTIONS & EXPERIENCE

- **Los Angeles Sheriff’s Department,** 16-week youth intervention program
- **LAPD Youth Programs** and community initiatives, Watts, Los Angeles
- **Youth mentor** across Latin America and the United States
- **Elementary school workshops** for children aged 6 to 9, Los Angeles
- **Founder of Fuerza de Amor** youth & community programs, Costa Rica
- Gap year nature immersion **retreats for young adults,** VERTO

KEY OUTCOMES

- **Deeper self-awareness**
- **Emotional resilience**
- **Confidence & Self awareness**
- **Improved relationships**
- **Anti bullying awareness**
- **Self-regulation tools**

ABOUT ALAIN

Alain Lagger is a Dutch / Swiss facilitator, speaker, and mentor who began working with youth at sixteen, the same age he joined the Dutch police force. Over three decades later, young people remain one of the most meaningful parts of his work. He works in Dutch, English, and Spanish.

See youth/community work in full

Videos, testimonials, photos and the full story

www.alainlagger.com

BOOK

Keynote "Level Up from the Inside"
Workshop or Facilitated Program
School Assembly or Staff Training

AVAILABILITY

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

ALSO AVAILABLE FOR

Multi-day youth immersion program
Ongoing mentorship facilitation
Community and institutional partnerships