



Coaching

- Today – **Next Level Coaching** – MathiasFritzen.com – Basel, Switzerland
- Today (Since 2019) – **Trainer** – Next Level Coaching Coach Training Program – Basel, Switzerland
- Today (Since 2018) – **Guest Lecturer** – University of Dortmund – Dortmund, Germany
- 2018-2020 – **Facilitator** – 50+ events with 200+ participants – Europe
- 2018-2020 – **Speaker** – University of Basel, Potential Talks, EBBF, World Happiness Agora etc.
- 2019 – **NLP Master Practitioner** – Complementary Therapists Association – London, UK
- 2019 – **Professional Certified Coach** – International Coach Federation – Basel, Switzerland
- 2018 – **Associate Certified Coach** – International Coach Federation – Basel, Switzerland
- 2017/2018 – **Professional Coaching** – EXPLORE TRUTH – Basel, Switzerland
- 2017 – **Energy Leadership Master Practitioner** – iPEC Coaching – London, UK
- 2017 – **Certified Professional Coach** – iPEC Coaching – London, UK
- 2014 – **TRuST Headcoach** – ParkourONE Academy – Bern, Switzerland
- 2012 – **TRuST Coach** – ParkourONE Academy – Bern, Switzerland
- 2010-2016 – **Creative Consulting** – fritzen.design – International

Design

- 2004-2016 – **Digital Design + Creative Direction Freelance** – Lufthansa, Vitra, Seat, Veltins, Montblanc, Congstar, Göthaer, Deichmann, Otto, Vodafone, DHL, Telekom, Unity Media, Sky, Miele, Allianz, Rewe, Fila etc.
- 2004-2016 – **Design Awards** – Annual Multimedia Award / Digital Signage Best Practice Award / Favorite Website Award / German Design Award Nominee / Red Dot Award / iF Communication Design Award
- 2014 – **Accreditation Commissioner** – Acquin e.V. – Konstanz, Germany
- 2011/2012 – **Art Director** – people interactive GmbH – Cologne, Germany
- 2011 – **Junior Art Director** – BUTTER. Agentur für Werbung – Düsseldorf, Germany
- 2010 – **Diploma (-MA) in Communications-Design** – Folkwang University of Arts
- 2010 – **Assistance** – SANAA Facility – Essen, Germany
- 2009/2010 – **Assistance** – Prof. Thomas Rempen – Essen, Germany
- 2004/2005 – **Internship** – Castenow Communications – Düsseldorf, Germany

Life

- Today – **Intuitive Archery** – BSFD Schallbach e.V. + Bogenclub Fricktal
- 2020 – **National Championships Qualifier** – Compound Archery – Germany
- 2013-2017 – **Certified Member** – Mensa in Deutschland e.V.
- 2012 – **Certified Member** – TORR.org Community
- 2005-2011 – **Texas Hold'em Poker (-2 million hands)** – Offline + Online
- 2002-2006 – **Featured Parkour-Athlete** – ZDF, RTL, ProSieben, FAZ, Adidas etc.
- 2005 – **Cofounder** – ParkourONE Association – Basel, Switzerland
- 2004 – **Abitur (high-school diploma)** – Albert-Einstein Gymnasium – Duisburg, Germany
- 2000-2016 – **Shaolin Kung-Fu** – VfKT – Moers, Germany
- 1991-2002 – **Judo** – Turnerbund Rheinhausen 05 e.V. – Duisburg, Germany
- 1998 – **Counter-Strike (Top 10 Europe)** – ClanBase League
- 1996+ – **Composing Music + Playing Percussion** – Ableton, Djembe, Hang
- 1984 – **Born Lion** – Duisburg, Germany

Books Published

- 2021 – *99 Über-Lebens-Skizzen*
- 2020 – *99 Doodles for Life*
- 2019 – *Praktische Spiritualität für das Leben, wie es wirklich ist*
- 2018 – *Applied Spirituality for Bullshit-Free Living*