



## 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.

2020 – Intuitive Therapeutic Archery – Michael Lindner – Tübingen, Germany  
2019 – Professional Certified Coach – International Coach Federation – Basel, Switzerland  
2019 – NLP Master Practitioner – Complementary Therapists Association – London, UK

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 (=Master of Arts) 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 – Co-founder – 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 – TB Rheinhausen 05 e.V. – Duisburg, Germany

1998 – Counter-Strike (Top 10 Europe) – ClanBase League  
Since 1996 – Composing Music + Playing Percussion – Ableton, Djembe, Hang

1984 – Born Lion – Duisburg, Germany

### Book Publications

2021 – X-Factor – *The Spiritual Secrets Behind Successful Executives & Entrepreneurs*  
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*