



# Mathias Fritzen – Résumé / CV

## Coaching

### Work

Main Focus – Next Level Coaching – MathiasFritzen.com – Basel, Switzerland  
Since 2021 – Advisory Committee Member – Stille in Basel, OFFline in Basel, Switzerland  
Since 2019 – Trainer – Next Level Coach Training Program in Basel, Switzerland  
Since 2018 – Guest Lecturer – University of Dortmund in Dortmund, Germany  
Since 2018 – Speaker + Facilitator – University of Basel + Bern, EBBF, World Happiness Agora etc.  
2017/2018 – Professional Coaching – EXPLORE TRUTH in Basel, Switzerland  
2010-2016 – Creative Consulting – fritzen.design

### Certificates / Trainings / Continuing Education

Today – Compassionate Inquiry Mentorship Program – Sat Dharam Kaur ND in Vancouver, Canada  
2023 – The Presence Process – Michael Brown in South Africa  
2022/2023 – Compassionate Inquiry Professional Training – Dr. Gabor Maté in Vancouver, Canada  
2022 – Positive Intelligence – Shirzad Chamine in San Francisco, USA  
2020 – Intuitive Therapeutic Archery – Michael Lindner in Tübingen, Germany  
2019 – Professional Certified Coach – International Coach Federation in Basel, Switzerland  
2019 – NLP Master Practitioner – Complementary Therapists Association in London, UK  
2019 – Inner Engineering Completion – Sadhguru + Isha Foundation in London, UK  
2018 – Associate Certified Coach – International Coach Federation in Basel, Switzerland  
2017 – Rohatsu Zen Sesshin – Willigis Jäger Roshi at Benediktushof, Germany  
2017 – Satsang Intensive – Mooji in Lisbon, Portugal  
2017 – Energy Leadership Master Practitioner – iPEC Coaching in London, UK  
2017 – Certified Professional Coach – iPEC Coaching in London, UK  
2016 – Satsang Intensive – Mooji at ZMAR, Portugal  
2016 – Zen Sesshin – Willigis Jäger Roshi at Benediktushof, Germany  
2014 – TRuST Headcoach – ParkourONE Academy in Bern, Switzerland  
2012 – TRuST Coach – ParkourONE Academy in Bern, Switzerland

### Book Publications

2022 – *Quadrat oder Stern? (Mini-Booklet)*  
2022 – *Square or Star? (Mini-Booklet)*  
2021 – *X-Factor – The Spiritual Secrets Behind Successful Executives and 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*

## Design

2004-2016 – Digital Design + Creative Direction Freelance – Lufthansa, Vitra, Seat, Veltins, Montblanc, Congstar, Gothaer, 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 Project Management – SANAA Facility – Essen, Germany  
2009/2010 – Assistance Integrated Design – Prof. Thomas Rempen in Essen, Germany  
2004/2005 – Internship Design – Castenow in Düsseldorf, Germany

## Life

Today – Intuitive Archery  
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 – Offline + Online (~2 million hands)  
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  
2000-2016 – Shaolin Kung-Fu – VfKT in Moers, Germany  
1991-2002 – Judo – TB Rheinhausen 05 e.V. in Duisburg, Germany  
1998 – Counter-Strike (eSports) – ClanBase League (Top 10 Europe)  
Since 1996 – Composing Music + Playing Percussion – Ableton, Djembe, Hang  
04.08.1984 at 8:48 am – Born Leo – Duisburg, Germany