






Mathias Fritzen

Life and Business Coaching in English and German

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Work

Main Focus since 2018 — **Next Level Coaching** — MathiasFritzen.com in Basel, Switzerland

Since 2023 — **Guest Facilitator** — Curriculum Spiritual Psychotherapy in Basel, Switzerland

Since 2021 — **Advisory Committee Member** — Stille in Basel OFFline, Switzerland

Since 2018 — **Guest Lecturer** — University of Applied Sciences in Dortmund, Germany

2019/2020 — **Trainer** — Next Level Coach Training Program in Basel, Switzerland

2018/2019 — **Speaker and Facilitator** — University of Basel and Bern, EBBF, World Happiness Agora etc.

2017/2018 — **Professional Coaching** — EXPLORE TRUTH in Basel, Switzerland

2004-2016 — **Digital Design and Creative Consulting** — Lufthansa, Vitra, Seat, Veltins, Montblanc, Congstar, Gothaer, Deichmann, Otto, Vodafone, DHL, Telekom, Unity Media, Sky, Miele, Allianz, Rewe, Fila etc.

2004-2016 — **Communication-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. Advertising Agency — Düsseldorf, Germany



Education / Certification

2024 — **Self-Inquiry Intensive** — Anthony Paul Moo-Young in Lisbon, Portugal

2024 — **Compassionate Inquiry (CI) Mentorship Program** — Sat Dharam Kaur ND in Vacouver, Canada

2023 — **The Presence Process** — Michael Brown in South Africa

2022/2023 — **Compassionate Inquiry (CI) Professional Training** — Dr. Gabor Maté in Vacouver, Canada

2022 — **Positive Intelligence** — Shirzad Chamine in San Francisco, USA

2020 — **Intuitive Therapeutic Archery** — Michael Lindner in Tübingen, Germany

2019 — **Professional Certified Coach (PCC)** — 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 (ACC)** — International Coach Federation in Basel, Switzerland

2017 — **Rohatsu Zen Sesshin** — Willigis Jäger Roshi at Benediktushof, Germany

2017 — **Self-Inquiry Intensive** — Anthony Paul Moo-Young in Lisbon, Portugal

2017 — **Energy Leadership Master Practitioner** — iPEC Coaching in London, UK

2017 — **Certified Professional Coach** — iPEC Coaching in London, UK

2016 — **Self-Inquiry Intensive** — Anthony Paul Moo-Young 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

2010 — **Diploma (=Master of Arts) in Communications-Design** — Folkwang University of Arts in Essen, Germany

2004 — **Abitur (High-School Diploma)** — Albert-Einstein Gymnasium in Duisburg, Germany



Book Publications

2024 — *Decoding the Gospel of Thomas — A contemporary guide to directly experiencing the essence of Jesus' teachings today*

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 (Arbeitsbuch)*

2018 — *Applied Spirituality for Bullshit-Free Living (Workbook)*



Life

Today — **Intuitive Archery**

2020 — **National Championships Qualifier Compound Archery** — Germany

2013-2017 — **Certified Member** — Mensa in Deutschland e.V.

2002-2006 — **Featured Parkour-Athlete** — ZDF, RTL, ProSieben, FAZ, Adidas etc.

2005 — **Cofounder ParkourONE Association** — Basel, Switzerland

2000-2016 — **Shaolin Kung-Fu** — VfKT in Moers, Germany

1991-2002 — **Judo** — TB Rheinhausen 05 e.V. in Duisburg, Germany

04.08.1984 at 8:48 am — **Birthday** — Duisburg, Germany

