

Coaching

Today – **Next Level Coaching** – MathiasFritzen.com – Basel, Switzerland
Today – **Speaker** – University of Basel, Potential Talks, EBBF, World Happiness Agora etc.
Today – **Facilitator** – 50+ events with 200+ participants – Europe
Today – **Trainer** – Applied Spirituality Coach Training Program – Basel, Switzerland

2019 – **Publication** – *Praktische Spiritualität für das Leben, wie es wirklich ist*
2019 – **Lectureship** – University of Dortmund – Dortmund, Germany
2019 – **NLP Master Practitioner** – Complementary Therapists Association – London, UK
2019 – **Professional Certified Coach** – International Coach Federation – Basel, Switzerland

2018 – **Publication** – *Applied Spirituality for Bullshit-Free Living*
2018 – **Guest Lecturer** – University of Dortmund – Dortmund, Germany
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, 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 (-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 – **Compound Archery** – BSFD Schallbach e.V. – Schallbach, Germany
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** – VfjKT – 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