


Mathias Fritzen

Tailormade Life + Business Coaching in English + German

 Klingentalgraben 7, 4057 Basel (CH)

 hello@mathiasfritzen.com

 +41 76 708 48 84



Professional Experience

Since 2018 – Next Level Life + Business Coaching and Consulting (10.000+ hours) – MathiasFritzen.com in Basel (CH)

Since 2021 – Co-Hosting Annual Retreats – Unlock Myself, Unlock + Elements Gathering, Italy + Germany

Since 2021 – Hosting Intuitive Archery Workshops – Beginner + Advanced, Switzerland + Germany

Since 2021 – Advisory Committee Member – Stille in Basel OFFline, Switzerland

Since 2018 – Guest Lecturer »Self Management and Social Competence« – University of Applied Sciences Dortmund, Germany

2023-2025 – Guest Facilitator – Curriculum Spiritual Psychotherapy, Switzerland

2019/2020 – Trainer – Next Level Coach Training Program, Switzerland

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

2017/2018 – Professional Coaching – EXPLORE TRUTH, Switzerland

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

2004-2016 – Communication-Design Award Wins – 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., Germany

2011/2012 – Art Director – people interactive GmbH, Germany

2011 – Junior Art Director – BUTTER. Advertising Agency, Germany

Education / Certification

2026 – Contemplative Crossfit Bootcamp 8 – Frank Yang, Khan Nguyen + Meicheng, USA

2026 – Compassionate Inquiry (CI) Mentorship Program – Ildico Acs, Hungary



2024 – *Self-Inquiry Intensive* – Anthony Paul Moo-Young, Portugal
2024 – *Compassionate Inquiry (CI) Mentorship Program* – Sat Dharam Kaur ND, Canada
2023 – *The Presence Process* – Michael Brown, South Africa
2022/2023 – *Compassionate Inquiry (CI) Professional Training* – Dr. Gabor Maté, Canada
2022 – *Positive Intelligence* – Shirzad Chamine, USA
2020 – *Intuitive Therapeutic Archery* – Michael Lindner, Germany
2019 – *Professional Certified Coach (PCC)* – International Coach Federation, Switzerland
2019 – *NLP Master Practitioner* – Complementary Therapists Association, UK
2019 – *Inner Engineering Completion* – Sadhguru + Isha Foundation, UK
2018 – *Associate Certified Coach (ACC)* – International Coach Federation, Switzerland
2017 – *Rohatsu Zen Sesshin* – Willigis Jäger Roshi at Benediktushof, Germany
2017 – *Self-Inquiry Intensive* – Anthony Paul Moo-Young, Portugal
2017 – *Energy Leadership Master Practitioner* – iPEC Coaching, UK
2017 – *Certified Professional Coach* – iPEC Coaching, UK
2016 – *Self-Inquiry Intensive* – Anthony Paul Moo-Young, Portugal
2016 – *Zen Sesshin* – Willigis Jäger Roshi at Benediktushof, Germany
2014 – *TRuST Headcoach* – ParkourONE Academy, Switzerland
2012 – *TRuST Coach* – ParkourONE Academy, Switzerland
2010 – *Diploma (=Master of Arts) in Communications-Design* – Folkwang University of Arts, Germany
2004 – *Abitur (High-School Diploma)* – Albert-Einstein Gymnasium, Germany

Book Publications

2024 – *Decoding the Gospel of Thomas – A contemporary guide to directly experiencing the essence of Jesus' teachings today*
2022 – *Square or Star? (Mini-Booklet)*
2021 – *X-Factor – The Spiritual Secrets Behind Successful Executives and Entrepreneurs*
2020 – *99 Doodles for Life*
2018 – *Applied Spirituality for Bullshit-Free Living (Workbook)*

Life

Today – *Intuitive Archery* – Switzerland
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* – Switzerland
2000-2016 – *Shaolin Kung-Fu* – VfKT, Germany
1991-2002 – *Judo* – TB Rheinhausen 05 e.V., Germany
04.08.1984 at 8:48 am – *Birthday* – Germany