

Nicolas Norbu Endres

Psychologist, facilitator and researcher

Forster Straße 10, 10999 Berlin · nicolasendres@gmail.com ·
nicolasendres.com · Born 28 August 1984 in Berlin



Current

Since 04/2026	Project partner, Living Lab GemeinschaftsBildung <i>Freie Universität Berlin — participatory research and development on belonging, community and cooperative learning, with Prof. Dr. Thomas Rixen and Dr. Katja Reinecke.</i>
Since 2025	Teaching seminars in political economy, Otto-Suhr-Institut <i>Freie Universität Berlin — designing and co-teaching Polykrise und Transformation with Univ.-Prof. Dr. Thomas Rixen, combining political-economic theory with experiential and mindfulness-based methods.</i>
Since 2024	Coach, consultant and facilitator, The Hum <i>Working with decentralised organisations.</i>
Since 05/2020	Freelance coach, facilitator and mediator <i>Clients have included 5Meter, Nathanja & Heinrich, EDGE e.V., Bodhicharya e.V., bemyapp and Plan B 2030.</i>
Since 2022	Volunteer, Church of Interbeing <i>Hosting sessions, supporting strategy and conflict awareness team</i>

Education and training

2025	Art of Hosting facilitator training, Karlskrona, Sweden <i>Participatory leadership and group process</i>
2023–2025	Training in Internal Family Systems Therapy <i>IIFS-Institute, Berlin</i>
2020	Certified Coach · Certified Mediator · Certified Agile Manager <i>Business Trends Academy, Berlin</i>
2013–2017	M.Sc. Mind and Brain, Track Brain <i>Berlin School of Mind and Brain, Humboldt-Universität zu Berlin — neuroscience, philosophy and psychology. Thesis: Towards the measure of all things — why we need to apply the scientific method directly to the mind. Supervisors: Prof. Dr. Arno Villringer, Dr. Marisa Przyrembel.</i>
2008–2011	B.Sc. Psychology <i>University of the West of England, Bristol</i>
1995–2004	Abitur <i>Evangelisches Gymnasium zum Grauen Kloster, Berlin-Wilmersdorf</i>

Selected positions and engagements

01–02/2025	Two-month residency, Southern Spain <i>Designed and ran a residency on peer-to-peer support and regenerative practice.</i>
08–12/2023	Regenerative Teamwork — online course <i>Created and taught a five-week course for common-good oriented companies.</i>
07/2023–01/2024	Regenerative Spaces Project <i>EU-funded collaboration with imu supporting common-good oriented companies. Produced the Regeneratives Arbeiten workbook.</i>
10/2021–01/2023	Fellowship, Reinventing Society e.V. <i>Non-profit for a society of connection and co-creation</i>
2021–2023	Inner Science Course <i>Created and taught a course on meditation, science and philosophy, several cohorts.</i>
12/2021–03/2022	Course leader, Mind-Body-Medicine <i>Immanuel-Krankenhaus, Berlin-Wannsee</i>
04/2020–07/2023	Co-founder and co-manager, CoopSpace <i>A self-organised, co-creative co-working community in Berlin-Kreuzberg.</i>
10/2018–01/2020	Course leader, Evangelische Schule Berlin Zentrum <i>Years 7 to 10, pupils aged 13 to 15.</i>
10/2018–12/2020	Researcher and adviser, 5Meter GbR <i>Development of a novel biofeedback algorithm and toy.</i>
10/2017–01/2020	Volunteer, MIND Foundation <i>Science committee, and organising a large-scale scientific conference.</i>
10/2017–03/2018	Lecturer, Berlin School of Mind and Brain, Humboldt-Universität <i>“Applying the scientific method directly to the mind — an introduction to the theory and practice of first-person methods”, conceived and co-lectured with Dr. Vera Ludwig.</i>
10/2012–04/2018	Assistant scientist, Max Planck Institute for Human Cognitive and Brain Sciences <i>Berlin satellite lab, working principally within the ReSource Project, a large longitudinal study on the effects of meditation.</i>

Selected talks

2019	Applying the scientific method directly to the mind <i>On the feasibility, prerequisites and practical implications of a first-person science — conference on First-Person Science, Universität Witten/Herdecke.</i>
------	--

2016–2023	Eight consecutive talks, Wilde Möhre Festival <i>Whatever the question, community is the answer (2023) · (R)Evolution is an inside job (2022) · The rediscovery of psychedelic science (2021) · Meditation as science (2020) · No-Self in theory and practice (2018) · Project Mindlab (2017) · Operational manual for a human consciousness (2016).</i>
06/2025	Community-building workshop, Collective Futures Course <i>University of Amsterdam</i>

Stipends and time abroad

11/2017–04/2018	Qualification stipend, Humboldt-Universität zu Berlin <i>Laboratory of Prof. Dr. Arno Villringer.</i>
09/2014–02/2015	ERASMUS semester, Universidad Complutense de Madrid <i>Philosophy and psychology.</i>
01/2006–01/2007	Stay in Buenos Aires, Argentina <i>Learning Spanish, working as a German teacher and enjoying life</i>
08/2001–07/2002	Year in the USA, attending Valencia High School, Saugus, California <i>Senior year.</i>

And the rest

Languages

German (native) · English (fluent) · Spanish (good) · Latin (Latinum) · Ancient Greek (Graecum)

Ongoing practice

I have been practicing meditation, Qigong and Taichi since my early twenties, alongside studying Buddhist and Daoist psychology and philosophy. I have attended numerous meditation retreats, and extensively explored breathwork and plant medicine. These practices and the insights gained from them inform all of my endeavours.

Other

Piano, drums and juggling.