

ABOUT RICK

NAME

Rick Frowyn

PROFESSION

Senior IT Consultant

AGE

60 jaar

RESIDENCE

Nieuwegein, The Netherlands



SUMMARY

I am an experienced Senior IT Professional. Upon my clients I am known as someone with a good understanding of how our business processes. With tact and determination I manage (project) to motivate employees and encourage and to achieve the given objectives. In my career I have gained considerable experience in all aspects of the IT. The basic principle is always the man behind the work. Whether it's a customer or an employee. During the past years I have extensive project and people management, management and service level management experience, both in business (Compaq / HP, UPS SCS, DHL, KPN) as the Sovereigns (Wellantcollege, Hague University, Rural Institute of Social Insurance). Thereby went both internal contacts as well as contacts with suppliers of resources and services very well. In addition, creating a solid base through training so I can connect well with the theory practice. I am as a person described as follows: team builder, open, professional, customizable, service minded and above all enthusiastic and spontaneous. In my private life, I keep myself busy as a board member of an organization talent for judo and jujitsu under the auspices of the JBN and the IOC / NSF. In the Netherlands I am also president of the Judo Federation Netherlands Central district, Chairman of the committee Sports JuJitsu committee Netherlands and board member of the National Judo Competition Organizing Committee.

I am married with Sandra Frowyn, and have 2 boys, a twin. I am 60 years young.

Contact me at: rick.frowijn@jjeu.eu or rick.frowyn@gmail.com

WORK EXPERIENCE

IT Infrastructure
IT Operations & Exploitation
IT Organizations & Processes
Incident en Problem management
Change Management
Delivery Management
Project management IT Infra
Team leader

WORK KNOWLEDGE

ITIL & ITIL Processes
Service Delivery & Service Support - Management.
Prince II Project Management
IPMA C
PMI BOK
ISO 20000

PERSONAL

Adress:

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✉ rick.frowyn@gmail.com

Born: 19th of june 1965 Utrecht

Judo and JuJitsu former sportsman.
Golf player

EDUCATION AND COURSES

- 1999 – 2004 Master in Project Management (IPMA C)
- 2009 – 2012 HBO ICT head study Service Management in IT
High school NOVI Utrecht.
- 1998 – 1999 AMBI HG1, HG2 and HG3 (High school study for
organizing IT business)
- 1981 – 1984 Graphic Lyceum, Secondary Education+

courses / certification :

- 2025 Agile Coach I Scrum Master Academy Amsterdam
- 2020 Lean Six Sigma, Yellow, Orange, Blue belt
- 2015 SCRUM master
- 2015 ISO 27001 Security Management
- 2012 MSP Foundation (project management)
- 2011 PMI BOK USA
- 2010 ISO 20000 ITIL
- 2008 ITIL foundations V3 (upgrade)
- 2007 IPMA C project management (for projects over 2mi)
- 2007 Coaching of employees
- 2005 Management & Leadership
- 2005 PRINCE II foundation
- 2002 MOF (Microsoft Operations Framework)
- 2002 ITIL Service Management (delivery & support) HBO
- 2001 ITIL Foundations
- 1999 MCSE for Windows NT 4.0

WORK EXPERIENCE

2013 – current

IT Consultant / senior Project
manager / Process manager

2009 – 2013

IT project en Process
manager

2009 – 2009

ICT manager

2006 – 2008

Project manager ICT Infra

2001 – 2006

Team leader / Manager ICT

1994 – 2000

Manager ICT

1989 – 1994

Team leader Special Royal
Security and intervention team
of Dutch Government

JUJITSU & JUDO WORK AND VOLUNTEER EXPERIENCE

PERIODE 2005 - CURRENT

Responsabiliteit:

- Chairman of the Judo Bond Netherlands section South Netherlands since 2025
- Board member Judo Bond Netherlands Competition Management since 2021
- Board member of JJEU as General Secretary and Event Director since 2015
- Controller of JJIF financial report to JJIF General Assembly since 2018.
- Commission member JJEU from 2007 till 2015

Projects and experience:

- As JJEU General Secretary and in the period 2021-2025 also as Event Manager I am involved in all JJEU hosted and organized events. In this periods, the participating grow with more then 50%, in all disciplines.
- As Event Manager I added as first in JJIF community the NoGi discipline of JiuJitsu to the JJEU events. At this moment we see that NoGi has a amazing potential and might grow even more. Since 2025 JJIF admitted NoGi also at the ranking lists.
- Some nice projects where I was a member of: Organizing the European JuJitsu Championship 2015 at Almere the Netherlands, participating as a project member of the European JuJitsu Championship for U18 and u21 at Lund Sweden in 2014, project member of the organization committee of the Masters World Championship Judo 2015 at Amsterdam (more than 1200 participants), organizing every year the Dutch JuJitsu Championship, Dutch Open, and all the other local Sports Championships and many, many more.
- Managing a team of people which are responsible for organizing Fighting, Duo and Newaza start up tournaments. Restarting the Kata contest competition with the best Kata people of the world.
- As a chairman responsible for the Technical Dutch JuJitsu team, with some very good coaches, a small budget, we created a good environment for Sports JuJitsu in the Netherlands. Last World Championship at Thailand the Dutch team was exceptional successful.
- It shows again, that setting your target goal correct and in detail, and surrounding yourself with some excellent people, keeping focused on the result, with view for all who is involved in JuJitsu, it's a nice way to develop hour sport.

Goal:

- I like to work in good cooperation with my colleagues from the board, but also with the appointed commissioners, but most important is to work together with all national federations and there representatives. In harmony we can develop hour sport more and more. Also its very important to be aware for all 3 of hour discipline's, its hour tradition that Fighting, DUO and since the last years JiuJitsu. JuJitsu is for thousands of European's and other nations people a sport which brings them joy, happiness and friendship.
- Changes are needed, today's society is going faster and faster, JuJitsu also needs to develop to grow and prepare for the future. One of my goals is to organize nice competitions, tournaments and Championships for Europe. For example at this moment I am working with my colleagues to setup participation in European Olympic Committee for European Games, setup Masters games, grow of JJEU with none active countries in Europe and of course more activities for recreational JuJitsu participants.
- Work together with other Continental Federations and JJIF.

***Let's me do this for Europe. We can be better, bigger, and more successful as we want it all.
Working together with other continental federations and with the JJIF is a must, alone you are
nothing, and together we are strong. Together we can reach hour goals.***

PROFESSIONAL WORK EXPERIENCE IN A SMALL OVERVIEW

PERIODE **2008 - CURRENT**

Period	: 2024 - common
Organization	: Tergooi MC
Function name	: senior Project Manager
Branches	: Healthcare
Function	: Senior Project Manager ICT(F).
Situation	: responsible for implementing Service Management project based.
Roles, Responsibilities	: Implement ITIL processes, Service Delivery and Support Management
Results	: Several delivered projects in schedule, in budget as proposed.
Methods	: ITIL / Prince II / IPMA C / PMI BOK / Service Management
Period	: January 2010 – August 2024
Organization	: Detach at several projects
Function name	: sr. Project Manager & teamleader IT.
Branches	: Education
Function	: ITIL service Manager & senior Project Manager ICT(F).
Situation	: responsible for ICT projects for 29 locations & 18000 users.
Roles, Responsibilities	: Plan, manage, and deliver all the IT and IT related projects.
Results	: Project manager for the internal ICT projects, ITIL manager.
Methods	: ITIL / Prince II / IPMA C / PMI BOK
Period	: January 2008 – december 2009
Organization	: Strukton Civiel Projecten (one of the biggest construction companies of the Netherlands)
Function name	: Workplace management & server management
Branches	: Construction Infra civil technics
Function	: Head workplace and Server Management/ITIL service Manager/Project Manager.
Situation	: responsible for ICT workplace facilities of the entire Strukton Civil environment, which consists of approximately 800 workplace's and physical 35 servers
Roles, Responsibilities	: the leadership/planning of 12 employees within this section. Responsible for operation, assess, directed by lining on suppliers of ICT equipment, machinery responsible for ICT procurement, negotiate contracts with vendors.
Results	: Team leader / People manager of 12 employees, Project manager for the internal ICT projects, incident manager.
Methods	: ITIL / Prince II / coaching

Languages	Fluency	Writing
Dutch	Fluent	Fluent
English	Fluent	Fluent
German	Fluent	Accurate

