



ASCEND-U

LEVEL 1>>2 BRIDGE SCHEDULE

August 2026 – October 2026

all times below are GMT+8, i.e. HKT/SGT/CST/MYT



M3

06:30 PM – 08:30 PM	August 07, 2026	Virtual Workshop M3a
11:30 AM – 01:30 PM	August 08, 2026	Virtual Workshop M3b
01:30 PM – 03:30 PM	August 08, 2026	Virtual Workshop M3c
06:30 PM – 08:30 PM	August 14, 2026	Virtual Workshop M3d
11:30 AM – 01:30 PM	August 15, 2026	Virtual Workshop M3e
01:30 PM – 03:30 PM	August 15, 2026	Virtual Workshop M3f

Other Elements: 1 Supervised Practice Session, 1 Moderated Peer Coaching Session, 4 hours of Peer Coaching, 4 hours of Non-Peer Coaching, 1 Coaching Practice Review, 1 ICF Group Mentoring Session, 1 Book Review

M4

11:30 AM – 01:30 PM	September 19, 2026	Virtual Workshop M4a
01:30 PM – 03:30 PM	September 19, 2026	Virtual Workshop M4b
01:00 PM – 03:00 PM	September 26, 2026	Virtual Workshop M4c
03:00 PM – 05:00 PM	September 26, 2026	Virtual Workshop M4d

Other Elements: 1 Supervised Practice Session, 1 Moderated Peer Coaching Session, 4 hours of Peer Coaching, 4 hours of Non-Peer Coaching, 1 Coaching Practice Review, 1 ICF Group Mentoring Session, 3 1:1 ICF Mentoring Sessions, Performance Evaluation