



ASCEND-U

LEVEL 1 SCHEDULE

October 2025 – January 2026

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

M1

05:00 PM – 07:00 PM	October 28, 2025	Virtual Workshop M1a
05:00 PM – 07:00 PM	October 29, 2025	Virtual Workshop M1b
05:00 PM – 07:00 PM	October 30, 2025	Virtual Workshop M1c
05:00 PM – 07:00 PM	November 04, 2025	Virtual Workshop M1d
05:00 PM – 07:00 PM	November 05, 2025	Virtual Workshop M1e
05:00 PM – 07:00 PM	November 06, 2025	Virtual Workshop M1f

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

M2

05:00 PM – 07:00 PM	December 02, 2025	Virtual Workshop M2a
05:00 PM – 07:00 PM	December 04, 2025	Virtual Workshop M2b
05:00 PM – 07:00 PM	December 09, 2025	Virtual Workshop M2c
05:00 PM – 07:00 PM	December 11, 2025	Virtual Workshop M2d

Other Elements: 1 Supervised Practice Session, 1 Moderated Peer Coaching Session, 6 hours of Non-Peer Coaching, 1 ICF Group Mentoring Session, 1 Coaching Practice Review