



ASCEND-U

# LEVEL 1 SCHEDULE

January 2026 – April 2026

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

## M1

06:30 PM – 08:30 PM	January 16, 2026	Virtual Workshop M1a
11:30 AM – 01:30 PM	January 17, 2026	Virtual Workshop M1b
01:30 PM – 03:30 PM	January 17, 2026	Virtual Workshop M1c
06:30 PM – 08:30 PM	January 23, 2026	Virtual Workshop M1d
11:30 AM – 01:30 PM	January 24, 2026	Virtual Workshop M1e
01:30 PM – 03:30 PM	January 24, 2026	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

11:30 AM – 01:30 PM	February 28, 2026	Virtual Workshop M2a
01:30 PM – 03:30 PM	February 28, 2026	Virtual Workshop M2b
11:30 AM – 01:30 PM	March 07, 2026	Virtual Workshop M2c
01:30 PM – 03:30 PM	March 07, 2026	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