



ASCEND-U

LEVEL 1 SCHEDULE

May 2026 – July 2026

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

M1

06:30 PM – 08:30 PM	May 22, 2026	Virtual Workshop M1a
01:00 PM – 03:00 PM	May 23, 2026	Virtual Workshop M1b
03:00 PM – 05:00 PM	May 23, 2026	Virtual Workshop M1c
06:30 PM – 08:30 PM	May 29, 2026	Virtual Workshop M1d
11:30 AM – 01:30 PM	May 30, 2026	Virtual Workshop M1e
01:30 PM – 03:30 PM	May 30, 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	June 27, 2026	Virtual Workshop M2a
01:30 PM – 03:30 PM	June 27, 2026	Virtual Workshop M2b
11:30 AM – 01:30 PM	July 04, 2026	Virtual Workshop M2c
01:30 PM – 03:30 PM	July 04, 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