



ASCEND-U

# LEVEL 1 SCHEDULE

August 2026 – October 2026

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

## M1

05:00 PM – 07:00 PM	August 18, 2026	Virtual Workshop M1a
05:00 PM – 07:00 PM	August 19, 2026	Virtual Workshop M1b
05:00 PM – 07:00 PM	August 20, 2026	Virtual Workshop M1c
05:00 PM – 07:00 PM	August 25, 2026	Virtual Workshop M1d
05:00 PM – 07:00 PM	August 26, 2026	Virtual Workshop M1e
05:00 PM – 07:00 PM	August 27, 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

05:00 PM – 07:00 PM	September 15, 2026	Virtual Workshop M2a
05:00 PM – 07:00 PM	September 17, 2026	Virtual Workshop M2b
05:00 PM – 07:00 PM	September 22, 2026	Virtual Workshop M2c
05:00 PM – 07:00 PM	September 24, 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