



ASCEND-U

# LEVEL 2 SCHEDULE

March 2026 – August 2026

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

## M1

05:00 PM – 07:00 PM	March 24, 2026	Virtual Workshop M1a
05:00 PM – 07:00 PM	March 25, 2026	Virtual Workshop M1b
05:00 PM – 07:00 PM	March 26, 2026	Virtual Workshop M1c
05:00 PM – 07:00 PM	March 31, 2026	Virtual Workshop M1d
05:00 PM – 07:00 PM	April 01, 2026	Virtual Workshop M1e
05:00 PM – 07:00 PM	April 02, 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	April 28, 2026	Virtual Workshop M2a
05:00 PM – 07:00 PM	April 30, 2026	Virtual Workshop M2b
05:00 PM – 07:00 PM	May 05, 2026	Virtual Workshop M2c
05:00 PM – 07:00 PM	May 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

## M3

05:00 PM – 07:00 PM	June 09, 2026	Virtual Workshop M3a
05:00 PM – 07:00 PM	June 10, 2026	Virtual Workshop M3b
05:00 PM – 07:00 PM	June 11, 2026	Virtual Workshop M3c
05:00 PM – 07:00 PM	June 16, 2026	Virtual Workshop M3d
05:00 PM – 07:00 PM	June 17, 2026	Virtual Workshop M3e
05:00 PM – 07:00 PM	June 18, 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

05:00 PM – 07:00 PM	July 14, 2026	Virtual Workshop M4a
05:00 PM – 07:00 PM	July 16, 2026	Virtual Workshop M4b
05:00 PM – 07:00 PM	July 21, 2026	Virtual Workshop M4c
05:00 PM – 07:00 PM	July 23, 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