



ASCEND-U

LEVEL 3 SCHEDULE

October 2026 – January 2027

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

M5

11:30 AM – 01:30 PM	October 17, 2026	Virtual Workshop M5a
01:30 PM – 03:30 PM	October 17, 2026	Virtual Workshop M5b
11:30 AM – 01:30 PM	October 24, 2026	Virtual Workshop M5c
01:30 PM – 03:30 PM	October 24, 2026	Virtual Workshop M5d
11:30 AM – 01:30 PM	October 31, 2026	Virtual Workshop M5e
01:30 PM – 03:30 PM	October 31, 2026	Virtual Workshop M5f

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

M6

11:30 AM – 01:30 PM	November 21, 2026	Virtual Workshop M6a
01:30 PM – 03:30 PM	November 21, 2026	Virtual Workshop M6b
11:30 AM – 01:30 PM	November 28, 2026	Virtual Workshop M6c
01:30 PM – 03:30 PM	November 28, 2026	Virtual Workshop M6d
11:30 AM – 01:30 PM	December 05, 2026	Virtual Workshop M6e
01:30 PM – 03:30 PM	December 05, 2026	Virtual Workshop M6d

Other Elements: 1 Supervised Practice Session, 1 Moderated Peer Coaching Session, 4 hours of Peer Coaching, 4 hours of Non-Peer Coaching, 3 ICF Group Mentoring Session (2hrs each), 3 x 1:1 ICF Mentoring Sessions (1hr each)