



ASCEND-U

LEVEL 1 SCHEDULE

April 2025 – June 2025

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

M1

05:00 PM – 07:00 PM	April 22, 2025	Virtual Workshop M1a
05:00 PM – 07:00 PM	April 23, 2025	Virtual Workshop M1b
05:00 PM – 07:00 PM	April 24, 2025	Virtual Workshop M1c
05:00 PM – 07:00 PM	May 06, 2025	Virtual Workshop M1d
05:00 PM – 07:00 PM	May 07, 2025	Virtual Workshop M1e
05:00 PM – 07:00 PM	May 08, 2025	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	June 03, 2025	Virtual Workshop M2a
05:00 PM – 07:00 PM	June 05, 2025	Virtual Workshop M2b
05:00 PM – 07:00 PM	June 10, 2025	Virtual Workshop M2c
05:00 PM – 07:00 PM	June 12, 2025	Virtual Workshop M2d

Other Elements: 1 Supervised Practice Session, 1 Moderated Peer Coaching Session, 6 hours of Non-Peer Coaching, 3 ICF Group Mentoring Session, 1 Coaching Practice Review, 3 1:1 ICF Mentoring Sessions (1hr each), ICF Performance Evaluation (L1)