

ASCEND-U

SCHEDULE





February 2025 - June 2025 all times below are GMT+8, i.e. HKT/SGT/CST/MYT



06:30 PM - 08:30 PM 11:30 AM - 01:30 PM 01:30 PM - 03:30 PM 06:30 PM - 08:30 PM 11:30 AM - 01:30 PM 01:30 PM - 03:30 PM

February 21, 2025 February 22, 2025 February 22, 2025 February 28, 2025 March 01, 2025 March 01, 2025

Virtual Workshop Mla Virtual Workshop M1b Virtual Workshop M1c Virtual Workshop M1d Virtual Workshop Mle Virtual Workshop Mlf

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



11:30 AM - 01:30 PM 01:30 PM - 03:30 PM 11:30 AM - 01:30 PM

March 29, 2025 March 29, 2025 April 05, 2025 01:30 PM – 03:30 PM April 05, 2025

Virtual Workshop M2a Virtual Workshop M2b Virtual Workshop M2c 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

, 2025

, 2025

3, 2025

9, 2025

,2025

, 2025

06:30 PM - 08:30 PM	May 02
11:30 AM - 01:30 PM	May 03
01:30 PM - 03:30 PM	May 03
06:30 PM - 08:30 PM	May 09
11:30 AM - 01:30 PM	May 10,
01:30 PM - 03:30 PM	May 10,

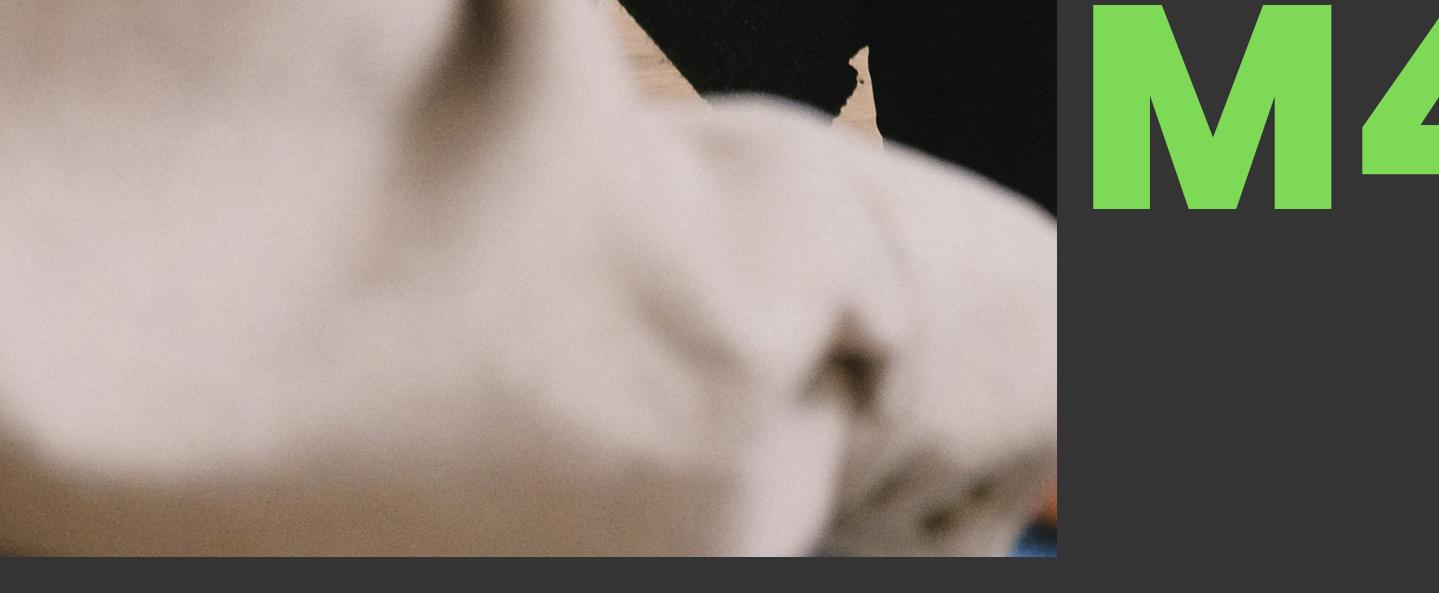
Virtual Workshop M3a Virtual Workshop M3b Virtual Workshop M3c Virtual Workshop M3d Virtual Workshop M3e Virtual Workshop M3f

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



June 07, 2025

Virtual Workshop M4a



01:30 PM - 03:30 PM 11:30 AM - 01:30 PM 01:30 PM - 03:30 PM

June 07, 2025 June 14, 2025 June 14, 2025

Virtual Workshop M4b Virtual Workshop M4c 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

https://ascend-u.coach

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