



ASCEND-U

LEVEL 3 SCHEDULE

October 2025 – January 2026

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

M5

11:30 AM – 01:30 PM	October 18, 2025	Virtual Workshop M5a
01:30 PM – 03:30 PM	October 18, 2025	Virtual Workshop M5b
11:30 AM – 01:30 PM	October 25, 2025	Virtual Workshop M5c
01:30 PM – 03:30 PM	October 25, 2025	Virtual Workshop M5d
11:30 AM – 01:30 PM	November 01, 2025	Virtual Workshop M5e
01:30 PM – 03:30 PM	November 01, 2025	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 Book Review

M6

11:30 AM – 01:30 PM	December 06, 2025	Virtual Workshop M6a
01:30 PM – 03:30 PM	December 06, 2025	Virtual Workshop M6b
11:30 AM – 01:30 PM	December 13, 2025	Virtual Workshop M6c
01:30 PM – 03:30 PM	December 13, 2025	Virtual Workshop M6d
11:30 AM – 01:30 PM	January 10, 2026	Virtual Workshop M6e
01:30 PM – 03:30 PM	January 10, 2026	Virtual Workshop M6f

Other Elements: 1 Supervised Practice Session, 1 Moderated Peer Coaching Session, 4 hours of Peer Coaching, 4 hours of Non-Peer Coaching; Optional: 7 hrs of ICF Group Mentoring + 3 hrs of ICF 1:1 Mentoring