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ICF ICF-ACC Exam Syllabus Topics:

Topic	Details
Topic 1	<ul style="list-style-type: none"> Domain: Definition and Boundaries of Coaching: This section evaluates the expertise of Coaching Consultants in understanding the definition of coaching and the coaching process. It includes differentiating coaching from related professions like therapy, counseling, mentoring, and consulting. Additionally, it covers knowledge of when and how to make appropriate referrals to mental health professionals and recognizing signs of mental health conditions that may hinder coaching progress. This section ensures coaches maintain clear boundaries and make informed decisions for client well-being.

Topic 2	<ul style="list-style-type: none"> • Domain: Coaching Competencies, Strategies, and Techniques: This section measures the skills of Life Coaches in applying coaching competencies, strategies, and techniques. It includes knowledge of how to contract with clients, focusing on key elements of a coaching agreement. It also covers the ICF Core Competencies, goal setting, motivation, and a variety of coaching techniques, tools, and resources. This section ensures coaches are equipped to effectively support clients in achieving their goals.
Topic 3	<ul style="list-style-type: none"> • Domain: Coaching Ethics: This section of the exam measures the skills of Professional Coaches and covers knowledge of professional ethics codes, including understanding what constitutes a conflict of interest. It also evaluates awareness of relevant laws, regulations, and organizational policies related to confidentiality, such as identifying factors that may necessitate breaking confidentiality. This section ensures that coaches adhere to ethical standards and legal requirements.

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ICF Associate Certified Coach Sample Questions (Q64-Q69):

NEW QUESTION # 64

Your session has a few minutes left, and the client has discovered some great new insights and has a good plan of action in place. To close the session in a partnering way, the worst response is:

- A. Inform the client that the time is almost up and share what stood out for you as a coach during the session.
- **B. Inform the client that the time is up, but in the last 2 minutes you can summarize the session for the client.**
- C. Inform the client that the time is almost up and close the session with some insights gained.
- D. Inform the client that the time is almost up and ask how they would like to close.

Answer: B

Explanation:

Option D is the worst because it unilaterally dictates the closure (summarizing) without client input, violating Competency 2.2 (partnership) and Competency 8.2 (collaborative closure). It breaches Ethics Section 2.2 (avoiding imposition) and undermines the client's role in the process.

Option A assumes content but isn't as rigid. Option B focuses on the coach but allows client response. Option C (best, see Question 25) empowers. D most severely disrupts the partnering dynamic.

References: ICF Core Competencies (2.2, 8.2); ICF Code of Ethics (2.2).

NEW QUESTION # 65

During the coaching session, a client has a new and very clear insight about the way that they have been treating a colleague. The worst response is:

- A. Ask the client how this new insight could impact his/her behavior towards the colleague.
- **B. Tell them that the way they have been treating the colleague is unacceptable, and they need to change if they want to be a better person.**
- C. Suggest that this insight could be very useful in changing the client's behavior toward the colleague.
- D. Ask them how they would feel if they were the colleague being treated in this way.

Answer: B

Explanation:

Option A is the worst because it imposes judgment ("unacceptable") and directs the client ("need to change"), violating Competency 4.1 (safe, non-judgmental environment) and Competency 2.2 (partnership). It also breaches Ethics Section 2.2 (avoiding personal bias) and the ICF Definition of Coaching, which emphasizes facilitating, not dictating.

Option B invites perspective but isn't harmful. Option C (best, see Question 11) empowers the client. Option D suggests rather than collaborates but isn't judgmental. A most severely undermines the coaching process.

References: ICF Core Competencies (2.2, 4.1); ICF Code of Ethics (2.2); ICF Definition of Coaching.

NEW QUESTION # 66

Which best reflects a plan of action that is likely to be successful?

- A. Take longer lunch breaks when they have the time
- **B. Complete a report two weeks ahead of schedule**
- C. Try as hard as they can to become a top executive
- D. Put more effort into their work so the boss is impressed

Answer: B

Explanation:

ICF Competency 8 ("Facilitates Client Growth") emphasizes creating actionable, specific, and measurable plans to support client success. A successful action plan aligns with the client's goals and is realistic and time-bound (ICF Definition of Coaching). Let's evaluate:

A. Try as hard as they can to become a top executive: This is vague, lacks specificity, and isn't time-bound, making success hard to measure or achieve (Competency 8).

B. Complete a report two weeks ahead of schedule: This is specific, measurable, achievable, and time-bound, reflecting an effective action plan per ICF standards for facilitating growth.

C. Take longer lunch breaks when they have the time: This lacks purpose or alignment with professional goals and isn't a clear plan for success (ICF Code of Ethics, Section 1).

D. Put more effort into their work so the boss is impressed: This is vague and subjective, missing the clarity and structure ICF action plans require.

Option B best reflects a successful plan, per ICF's focus on actionable outcomes.

NEW QUESTION # 67

At which point in the coaching process should the coach explain the rules around confidentiality?

- A. Before scheduling o second session
- B. By the end of the first session
- **C. Before the coaching begins**
- D. After assessment are completed

Answer: C

Explanation:

The ICF Code of Ethics (Section 4.1) requires coaches to "explain and ensure that, prior to or at the initial meeting, my coaching client(s) understand the nature and limits of confidentiality." This must occur before coaching starts (Competency 3). Let's analyze:

* A. Before the coaching begins: This aligns with Section 4.1 and Competency 3, ensuring clarity upfront.

* B. By the end of the first session: This is too late; clients need to know limits before sharing (Section 4.2).

* C. After assessments are completed: This delays critical disclosure, risking trust (Section 4).

* D. Before scheduling a second session: This is after coaching begins, missing the ethical timing (Section 1.2).

Option A is the correct point, per ICF's ethical standards.

NEW QUESTION # 68

After your client has shared this pattern and has expressed a desire to change and come up with a plan to implement this change, the best response is:

- **A. Ask the client how they usually brainstorm or come up with new and fresh ideas.**

- B. Share with the client what you think the best next step would be.
- C. Discuss the barriers that the client will face in trying to change.
- D. Ask the client exactly what they want to do and when.

Answer: A

Explanation:

Comprehensive and Detailed Explanation:

Option D aligns with ICF Competency 7, "Evokes Awareness" (7.4 - Helps client explore possibilities), by inviting the client to tap into their creative process, fostering autonomy (Competency 8.3). It respects the client's pace and style, per Ethics Section 1.1, and builds on their strengths.

Option A rushes to action without exploration, potentially pressuring the client (Competency 6.3 - Attuned pacing). Option B imposes the coach's view, violating Competency 2.2. Option C focuses on barriers too early, which could derail momentum (Competency 8.1 - Integrates new learning first). D best supports the client's self-discovery and planning process.

NEW QUESTION # 69

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