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## ICF ICF-ACC Exam Syllabus Topics:

Topic	Details
Topic 1	<ul style="list-style-type: none"> <li>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.</li> </ul>
Topic 2	<ul style="list-style-type: none"> <li>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.</li> </ul>
Topic 3	<ul style="list-style-type: none"> <li>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.</li> </ul>

## ICF-ACC Torrent - ICF-ACC New Practice Materials

No doubt the Associate Certified Coach (ICF-ACC) certification is one of the most challenging certification exams in the market. This ICF ICF-ACC certification exam gives always a tough time to Associate Certified Coach (ICF-ACC) exam candidates. The TestPassed understands this hurdle and offers recommended and real ICF ICF-ACC exam practice questions in three different formats.

### ICF Associate Certified Coach Sample Questions (Q16-Q21):

#### NEW QUESTION # 16

A coach who demonstrates mastery of Listens Actively is likely to

- A. partner with the client to design goals
- B. invite the client to challenge their own assumptions
- C. share their perspective on what the client may find useful.
- **D. ask questions to clarify what the client is sharing**

**Answer: D**

Explanation:

ICF Competency 6 ("Listens Actively") involves "focusing fully on what the client is saying and not saying, understanding the meaning in context, and demonstrating that the client is fully heard." Mastery of this competency emphasizes clarifying and reflecting the client's communication. Let's review:

A . Share their perspective on what the client may find useful: This leans toward advising, which aligns more with Competency 8 ("Facilitates Client Growth"), not active listening.

B . Ask questions to clarify what the client is sharing: This directly reflects Competency 6 by deepening understanding and showing attentiveness through inquiry, a hallmark of active listening mastery.

C . Invite the client to challenge their own assumptions: This aligns with Competency 7 ("Evokes Awareness"), not primarily listening.

D . Partner with the client to design goals: This fits Competency 3 or 8, not the listening focus of Competency 6.

Option B best demonstrates mastery of "Listens Actively," per ICF's competency framework.

#### NEW QUESTION # 17

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

- A. 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.
- B. Suggest that this insight could be very useful in changing the client's behavior toward the colleague.
- C. Ask them how they would feel if they were the colleague being treated in this way.
- **D. Ask the client how this new insight could impact his/her behavior towards the colleague.**

**Answer: D**

Explanation:

Comprehensive and Detailed Explanation:

Option C aligns with ICF Core Competency 8, "Facilitates Client Growth" (8.1 - Works with the client to integrate new awareness into behaviors), by encouraging the client to explore the practical implications of their insight. This fosters autonomy (Competency 8.3) and partnership (Competency 2.2), while respecting the client's experience per Ethics Section 1.1.

Option A judges the client, violating Competency 4.1 (non-judgmental stance) and Ethics Section 2.2 (avoiding bias). Option B shifts focus to empathy, which may be useful but doesn't directly integrate the insight (Competency 8.1). Option D suggests rather than partners, missing full collaboration. C best supports client-led growth.

#### NEW QUESTION # 18

Which is the most effective way to begin the goal setting process with a client who feels unsure of what they want their coaching goals to be?

- A. Ask the client for feedback on the first session and how to improve future sessions.
- B. Encourage the client to explore the pool and how things might have turned out differently

- C. Suggest the client ask people who are important to them what goals they should work on
- **D. Work with the client to establish the purpose and value of the sessions**

**Answer: D**

Explanation:

ICF Competency 3 ("Establishes and Maintains Agreements") requires coaches to clarify the coaching purpose and process, especially at the outset, to ensure alignment. For a client unsure of goals, starting with purpose provides direction (ICF Definition of Coaching). Let's review:

A. Suggest the client ask people who are important to them what goals they should work on: This undermines client autonomy (ICF Code of Ethics, Section 1) and delays the coach-client exploration process.

B. Work with the client to establish the purpose and value of the sessions: This aligns with Competency 3 and Competency 7 ("Evokes Awareness") by collaboratively grounding the client in why they're coaching, paving the way for goal clarity.

C. Ask the client for feedback on the first session and how to improve future sessions: This is useful later but premature for goal-setting with an unsure client.

D. Encourage the client to explore the pool and how things might have turned out differently: (Assuming "pool" is a typo for "past") This risks a therapeutic focus on history, not coaching's future orientation (ICF Coaching Boundaries).

Option B is most effective, per ICF's framework for initiating goal-setting with clarity and purpose.

### NEW QUESTION # 19

Which adjectives best reflect the competency Embodies a Coaching Mindset?

- A. Focused, task-oriented and professional
- **B. Open curious. and flexible**
- C. Decisive, agreeable and observant
- D. Careful, prepared and purposeful

**Answer: B**

Explanation:

ICF Competency 2 ("Embodies a Coaching Mindset") describes a coach who is "open to not knowing, curious about the client's perspective, and flexible in adapting to the client's needs." This mindset prioritizes a non-judgmental, exploratory stance over rigidity or task focus. Let's evaluate:

\* A. Focused, task-oriented, and professional: While professionalism matters, "task-oriented" suggests a directive approach, misaligned with the client-centered curiosity of Competency 2.

\* B. Decisive, agreeable, and observant: "Decisive" implies control, and "agreeable" may suggest pleasing rather than challenging, both inconsistent with the exploratory nature of a coaching mindset.

\* C. Careful, prepared, and purposeful: These are positive traits, but "careful" and "prepared" imply caution and structure over the openness and adaptability central to Competency 2.

\* D. Open, curious, and flexible: These directly reflect Competency 2's emphasis on being receptive, inquisitive, and adaptable, fostering a mindset that supports client growth (ICF Code of Ethics, Section 1).

Option D best captures "Embodies a Coaching Mindset," per ICF's competency definition.

### NEW QUESTION # 20

Your client is frustrated that she is frustrated. She should have been over this mishap in her work a long time ago. She is talking very negatively about herself: "Why can't I get over this..." The worst response is:

- **A. Tell the client that you like her a lot and that she should not be so negative.**
- B. Remind the client that coaching is forward-looking.
- C. Invite a reframe and say that sometimes people become frustrated when something is really important to them-might this be the case here?
- D. Ask the client if she always is this negative about herself.

**Answer: A**

Explanation:

Option A is the worst because it introduces the coach's personal feelings ("I like her a lot") and directs the client ("should not be so negative"), violating Competency 2.2 (partnership) and Ethics Section 2.1 (maintaining professional boundaries). It fails to evoke

awareness (Competency 7) or respect the client's experience (Ethics 1.1).

Option B is dismissive but forward-focused. Option C may feel judgmental but invites reflection. Option D (best, see Question 7) supports growth. A most egregiously shifts focus to the coach and undermines the process.

References: ICF Core Competencies (2.2, 7); ICF Code of Ethics (1.1, 2.1).

## NEW QUESTION # 21

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