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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>• <b>Domain: Coaching Ethics:</b> 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>
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## ICF Associate Certified Coach Sample Questions (Q86-Q91):

### NEW QUESTION # 86

Your client shares that finally, after many months, they are making progress in an area that has been difficult for them. The best response is:

- A. Remind the client that this change has come only because of the coaching and the help that the coach has been giving.
- B. Ask the client why they did not make this progress sooner, as they had a good plan in place, and should' ve resolved the issue already.
- **C. Listen to the client share, and after a few wows, reflect back to the client some of the path they have walked over the past few months, sharing what you respect and admire in the client.**
- D. Slam the desk, shouting "YES YES YES" and fist pump the air in celebration of your client and your good work.

**Answer: C**

Explanation:

Option D aligns with Competency 6, "Listens Actively" (6.1 - Reflects client's experience), and Competency 4.1 (creates a safe, supportive environment), by honoring the client's journey and reinforcing their agency. It adheres to Ethics Section 1.1 (respecting client achievements) and avoids taking credit, per Ethics Section 2.2.

Option A may overwhelm or shift focus to the coach. Option B criticizes, undermining trust (Competency 4.1). Option C claims credit, violating Competency 2.2 (partnership). D best celebrates the client's progress collaboratively.

References: ICF Core Competencies (2.2, 4.1, 6.1); ICF Code of Ethics (1.1, 2.2).

### NEW QUESTION # 87

Which is essential to specify in a coaching agreement?

- A. The client's profession
- B. The coach's qualifications
- C. A list of professional development resources
- **D. How and when sessions will be scheduled**

**Answer: D**

Explanation:

The ICF Code of Ethics (Section 1.1) requires coaches to "create an agreement/contract regarding the roles, responsibilities, and rights of all parties involved" before coaching begins. ICF Competency 3 ("Establishes and Maintains Agreements") further emphasizes clarity on logistics, such as session scheduling, to ensure mutual understanding and a structured process. Let's evaluate the options:

A . A list of professional development resources: While resources might be helpful, they are not essential to the coaching agreement per ICF standards, which focus on the relationship and process, not supplementary materials.

B . How and when sessions will be scheduled: This is critical to specify, as it establishes the practical framework for the coaching

relationship (e.g., frequency, duration, method), aligning with ICF's requirement for clear expectations (ICF Code of Ethics, Section 1.2).

C . The client's profession: This may inform coaching context but isn't essential to the agreement, which focuses on roles and process, not personal details (ICF Competency 3).

D . The coach's qualifications: While transparency about qualifications is ethical (ICF Code of Ethics, Section 2.1), it's not a mandatory component of the agreement unless requested by the client.

Option B is essential, as it directly supports the ICF's emphasis on a clear, operational coaching agreement.

### NEW QUESTION # 88

A coach facilitates a client's growth by shifting the client's focus to the

- A. behavior rather than the client's sense of self
- B. problem rather than the opportunity to Build potential
- C. current situation rather than the future outcome
- D. individual self rather than the coaching topic or goal

**Answer: C**

Explanation:

ICF Competency 8 ("Facilitates Client Growth") involves "partnering with the client to transform learning and insight into action," often by focusing on observable behaviors that support goal achievement. Shifting focus to behavior aligns with coaching's action-oriented nature while respecting the client's autonomy (ICF Code of Ethics, Section 1). Let's evaluate:

\* A. Current situation rather than the future outcome: Coaching balances present awareness with future goals (Competency 7), not prioritizing one over the other.

\* B. Individual self rather than the coaching topic or goal: Focusing solely on "self" risks veering into therapy, while coaching targets specific goals (ICF Definition of Coaching).

\* C. Behavior rather than the client's sense of self: This fosters growth by addressing actionable steps rather than identity, aligning with Competency 8 and coaching's practical focus.

\* D. Problem rather than the opportunity to build potential: Coaching emphasizes potential and solutions (ICF Definition of Coaching), not dwelling on problems.

Option C best reflects how a coach facilitates growth, per ICF's competency and ethical framework.

### NEW QUESTION # 89

Nearing the end of a coaching session, the client has a very clear idea of the plan that he/she would like to implement. To help the client identify if they have all the support that they need in moving forward, the worst response is:

- A. Help the client in assessing whether they have any areas that might need more support or still need to be addressed.
- B. Ask the client who will be their support.
- C. Offer to email the client daily until they have implemented the project.
- D. Remind the client that two horses pull more weight than one, and they need someone to help them implement their plan.

**Answer: C**

Explanation:

Option A is the worst because it assumes responsibility for the client's progress, undermining autonomy (Competency 8.3) and breaching Ethics Section 2.1 (professional boundaries). It contradicts the ICF Definition of Coaching by fostering dependency. Option B is narrow but not harmful. Option C suggests without partnering. Option D (best, see Question 19) empowers. A most severely misaligns with coaching principles.

References: ICF Core Competencies (8.3); ICF Code of Ethics (2.1); ICF Definition of Coaching

Below are Questions 21-26 formatted as requested, with 100% verified answers based on official International Coaching Federation (ICF) documents, including the ICF Code of Ethics, Core Competencies, and definitions of coaching boundaries. Each response includes a comprehensive explanation with references.

### NEW QUESTION # 90

Which is important for coaches to do when working with clients?

- A. Analyze client emotions

- B. Manage client behaviors
- C. Understand client mental health
- **D. Support client success**

**Answer: D**

Explanation:

The ICF Definition of Coaching centers on "partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential," making client success the coach's primary focus. ICF Competency 8 ("Facilitates Client Growth") underscores supporting clients in achieving their goals. Let's review:

A . Analyze client emotions: While understanding emotions aids coaching (Competency 6), analyzing them risks crossing into therapy (ICF Coaching Boundaries), and it's not the core focus.

B . Manage client behaviors: Coaches facilitate, not manage, client actions (ICF Code of Ethics, Section 1), preserving autonomy rather than controlling behavior.

C . Support client success: This encapsulates ICF's mission and competencies (e.g., Competency 5: "Cultivates Trust and Safety," Competency 8), focusing on empowering clients to succeed.

D . Understand client mental health: This exceeds coaching's scope, which avoids diagnosing or treating mental health (ICF Code of Ethics, Section 2.5), requiring referral instead.

Option C is most important, reflecting ICF's foundational commitment to client success.

## NEW QUESTION # 91

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