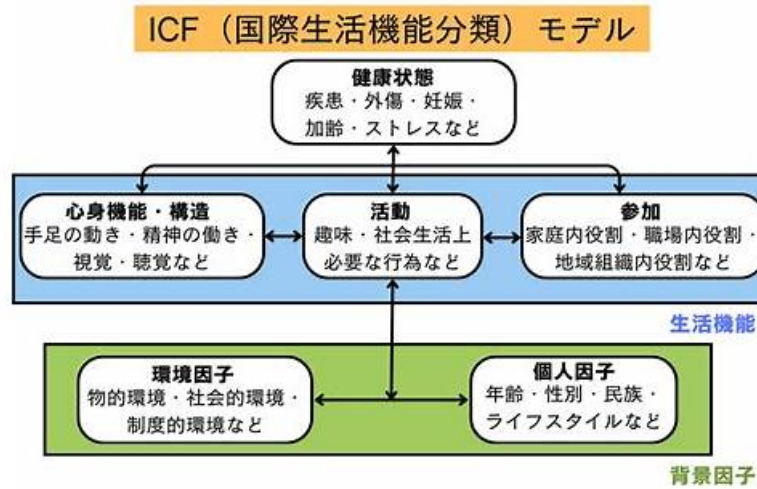


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トピック	出題範囲
トピック 1	<ul style="list-style-type: none"> <li>分野: コーチング倫理: このセクションでは、プロフェッショナルコーチのスキルを評価し、利益相反を構成する要素の理解を含む、職業倫理規定に関する知識を網羅します。また、守秘義務違反が必要となる可能性のある要因の特定など、守秘義務に関連する法律、規制、および組織ポリシーに関する認識も評価します。このセクションでは、コーチが倫理基準と法的要件を遵守していることを確認します。</li> </ul>
トピック 2	<ul style="list-style-type: none"> <li>分野: コーチングのコンピテンシー、戦略、テクニック: このセクションでは、ライフコーチがコーチングのコンピテンシー、戦略、テクニックを適用するスキルを評価します。クライアントとの契約方法、特にコーチング契約の重要な要素に関する知識が含まれます。また、ICFコア・コンピテンシー、目標設定、モチベーション、そして様々なコーチングテクニック、ツール、リソースについても網羅しています。このセクションを通して、コーチがクライアントの目標達成を効果的に支援できる能力を備えていることを保証します。</li> </ul>
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### ICF Associate Certified Coach 認定 ICF-ACC 試験問題 (Q23-Q28):

#### 質問 # 23

A coach should refer a client to seek help from a non-coaching professional when the client

- A. seeks confidence and clarity during a career change
- B. wants help building better relationships
- C. requests guidance in determining which employees should lose their jobs
- D. needs support navigating a transitional period in their life

正解: C

解説:

The ICF Code of Ethics (Section 2.5) mandates referral to other professionals when client needs exceed coaching's scope, which is limited to supporting personal and professional growth, not providing expert advice or managing organizational decisions (ICF Coaching Boundaries). Let's analyze:

A. Needs support navigating a transitional period in their life: This fits coaching's scope (ICF Definition of Coaching), supporting transitions through goal-setting and awareness (Competency 8).

B. Requests guidance in determining which employees should lose their jobs: This requires expertise in HR or management consulting, not coaching, as it involves directive advice and third-party impact, exceeding ICF boundaries (ICF Code of Ethics, Section 2.3). Referral to a consultant or HR professional is appropriate.

C. Wants help building better relationships: This is within coaching's domain, focusing on personal skills and growth (Competency 8), not requiring referral.

D. Seeks confidence and clarity during a career change: This aligns with coaching's purpose of enhancing potential and decision-making (ICF Definition of Coaching), not necessitating referral.

Option B warrants referral, as it falls outside ICF's non-directive, growth-focused scope.

#### 質問 # 24

Your client is a very creative person who thinks in pictures and learns visually. You, as a coach, are not naturally visual. In order to encourage and facilitate your client's learning, the worst response is:

- A. Let your client know that to solve problems it is more important to be rational and to approach the problem from a more sensible point of view.
- B. Bring a whiteboard into the coaching session where you and the client can use the space to draw pictures, connections, or add any visual aids that might encourage your client's learning.
- C. Tell your client that you are not able to work with them, as you are not a visual and creative person, therefore not a good coaching match.
- D. Ask the client about what they know about their preferred learning style and enquire whether using a whiteboard would be a good idea.

正解: A

解説:

The worst response is C because it dismisses the client's unique learning style and imposes the coach's perspective, violating ICF Core Competency 7, "Evokes Awareness" (7.1), which requires leveraging the client's strengths, not redirecting them to align with the coach's preferences. It also contradicts Competency

4.1, which calls for creating a safe environment tailored to the client's needs, and the ICF Code of Ethics, Section 1, "Responsibility to Clients" (1.1 - Respecting client individuality).

Option A, while not ideal, reflects a boundary-setting choice, though it lacks adaptability. Option B shows effort to accommodate,

even if presumptive. Option D is the best, as it partners with the client (Competency 2.2). By contrast, C shuts down the client's process, making it the least aligned with ICF standards. References: ICF Core Competencies (4.1, 7.1); ICF Code of Ethics (Section 1.1).

### 質問 # 25

A client tells their coach that they are struggling to sleep and are having nightmares about a past event they experienced. Which is the best action for the coach to take?

- A. Modify the coaching agreement to address the client's struggles with the problems resulting from this past event
- **B. Continue coaching the client but recommend they see a mental health professional about these symptoms**
- C. Contact a health provider for the client so the coach and health provider can collaborate on the client's case.
- D. Stop coaching until the client stops experiencing sleeping issues and nightmares from the past event

正解: B

解説:

The ICF Coaching Boundaries distinguish coaching from therapy, stating that coaching does not address mental health conditions like trauma or sleep disorders. The ICF Code of Ethics (Section 2.5) requires coaches to "refer clients to other professionals when appropriate" if issues fall outside their scope. Let's evaluate:

- A. Continue coaching the client but recommend they see a mental health professional about these symptoms: This balances the coach's role in supporting the client's goals (ICF Competency 8) while adhering to ethical boundaries by referring out for nightmares and sleep issues, which suggest unresolved trauma (ICF Code of Ethics, Section 2.5).
  - B. Stop coaching until the client stops experiencing sleeping issues and nightmares: Ceasing coaching entirely isn't required unless the client's condition prevents engagement. ICF encourages maintaining the relationship within its scope (ICF Definition of Coaching).
  - C. Modify the coaching agreement to address the client's struggles with the problems resulting from this past event: This crosses into therapy by addressing past trauma, violating ICF boundaries and Competency 3 ("Establishes and Maintains Agreements").
  - D. Contact a health provider for the client so the coach and health provider can collaborate: This breaches confidentiality (ICF Code of Ethics, Section 4) unless the client explicitly consents, and collaboration exceeds coaching's non-therapeutic role.
- Option A is the best action, as it upholds ICF ethics and boundaries by continuing coaching within its scope while ensuring the client's mental health needs are addressed professionally.

### 質問 # 26

Which adjectives best reflect the competency Embodies a Coaching Mindset?

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

正解: B

解説:

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.

### 質問 # 27

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

worst response is:

- A. Ask the client how they usually brainstorm or come up with new and fresh ideas.
- B. Ask the client exactly what they want to do and when.
- C. Discuss the barriers that the client will face in trying to change.
- **D. Share with the client what you think the best next step would be.**

正解: D

解説:

Option B is the worst because it imposes the coach's opinion, undermining the client's autonomy (Competency 8.3) and partnership (Competency 2.2). This breaches the ICF Definition of Coaching, which emphasizes client-led solutions, and Ethics Section 2.2 (avoiding bias).

Option A is premature but not inherently harmful. Option C shifts focus negatively, though it's less directive.

Option D (best, see Question 5) empowers the client. B most directly contradicts ICF principles by prioritizing the coach's perspective over the client's.

References: ICF Core Competencies (2.2, 8.3); ICF Code of Ethics (2.2); ICF Definition of Coaching.

## 質問 # 28

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