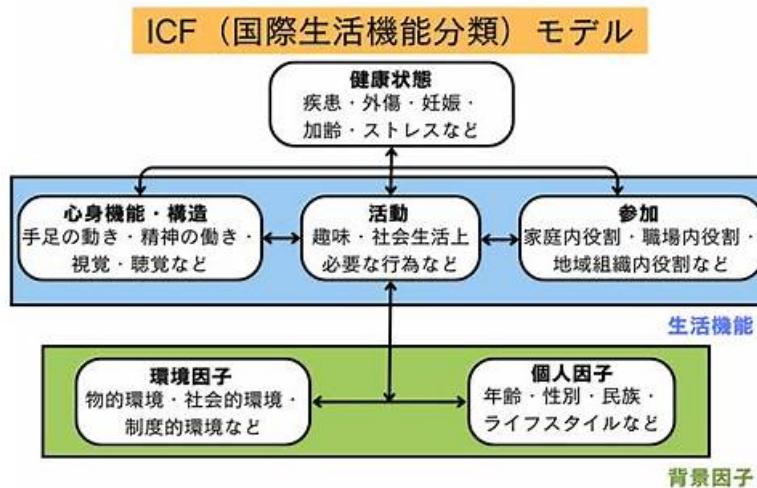


# 試験の準備方法-認定するICF-ACC出題範囲試験-素敵なICF-ACC模擬試験



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>> ICF-ACC出題範囲 <<

## ICF-ACC模擬試験 & ICF-ACCテスト参考書

ICFのICF-ACC認定試験はGoShikenの最優秀な専門家チームが自分の知識と業界の経験を利用してどんどん研究した、満足ICF認証受験生の需要に満たすの書籍がほかのサイトにも見えますが、GoShikenの商品が最も保障があって、君の最良の選択になります。

## ICF ICF-ACC 認定試験の出題範囲:

トピック	出題範囲
トピック 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>

トピック 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>
トピック 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 Associate Certified Coach 認定 ICF-ACC 試験問題 (Q81-Q86):

### 質問 #81

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

正解: **D**

#### 解説:

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).

### 質問 #82

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. Suggest the client ask people who are important to them what goals they should work on
- B. Encourage the client to explore the pool and how things might have turned out differently
- C. Ask the client for feedback on the first session and how to improve future sessions.
- D. Work with the client to establish the purpose and value of the sessions**

正解: **D**

#### 解説:

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.

### 質問 #83

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

正解: B

解説:

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.

### 質問 #84

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. 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.
- B. Remind the client that this change has come only because of the coaching and the help that the coach has been giving.
- C. Listen to the client share, and after a few words, 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.

正解: C

解説:

Comprehensive and Detailed 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.

### 質問 #85

a client who recently moved to a new country told their coach they are struggling to make friends. which action by the coach would most likely evoke awareness?

- A. Ask what the client believes is at the root of this struggle
- B. Say the challenges are likely caused by cultural difference
- C. Acknowledge that making friends is difficult and can take time
- D. Suggest concrete steps the client could take to make friends

正解: A

解説:

ICF Competency 7 ("Evokes Awareness") involves "asking questions and providing observations that help the client gain insight and explore new perspectives." This competency prioritizes deepening the client's self-understanding over offering solutions or validation. Let's evaluate:

- \* A. Ask what the client believes is at the root of this struggle: This powerful question evokes awareness by prompting self-reflection and insight, directly aligning with Competency 7 and the ICF focus on client autonomy (ICF Code of Ethics, Section 1).
- \* B. Acknowledge that making friends is difficult and can take time: While supportive (Competency 5), this doesn't challenge or deepen awareness, limiting its impact.
- \* C. Suggest concrete steps the client could take to make friends: This shifts to action planning (Competency 8), not evoking awareness, and risks being directive (ICF Code of Ethics, Section 2.3).
- \* D. Say the challenges are likely caused by cultural difference: This imposes the coach's assumption, reducing client exploration and contradicting Competency 7's focus on client-driven insight.

Option A best evokes awareness, per ICF's competency framework.

Option A best evokes awareness, per ICF's competency framework.

## 質問 #86

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ICF-ACC模擬試験: <https://www.goshiken.com/ICF/ICF-ACC-mondaishu.html>

P.S. GoShikenがGoogle Driveで共有している無料の2026 ICF ICF-ACCダンプ：<https://drive.google.com/open>?

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