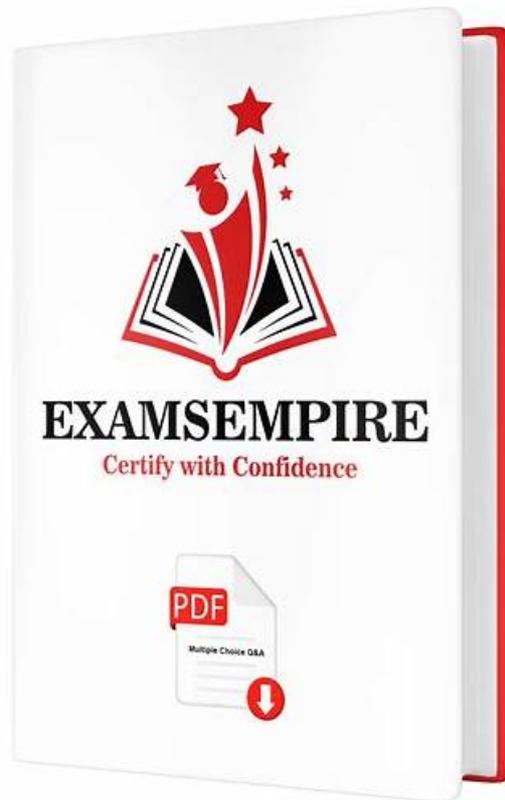


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ICF Associate Certified Coach Sample Questions (Q30-Q35):

NEW QUESTION # 30

If a client shares that they have been struggling to sleep for over a month, which would be the best action for the coach to take?

- A. Ask the client whether they want to change their coaching goals to focus on this challenge
- B. Suggest that the client share what possible worries may be keeping them awake
- C. Suggest that the client consider relaxation techniques to improve their sleep
- D. Ask the client if they have considered seeking help from a mental health professional

Answer: A

NEW QUESTION # 31

After making initial progress between sessions, your client is now at a point where they are stuck and feel like they are moving backwards. The best response is:

- A. Tell the client that they need to stick to their decision and try harder.
- B. Ask the client questions about what this is helping them understand or learn about themselves, their process, or the situation.
- C. After hearing the situation, kindly suggest what the client might be learning about being stuck.
- D. Remind the client that they will fail long term if they don't have better support.

Answer: B

Explanation:

Comprehensive and Detailed Explanation:

Option B aligns with ICF Core Competency 7, "Evokes Awareness" (7.2 - Helps the client explore and gain clarity), by using questions to deepen the client's understanding of their experience. It supports partnership (Competency 2.2) and respects autonomy (Competency 8.3), adhering to Ethics Section 1.1 (client-led process).

Option A directs the client, violating Competency 2.2 and Ethics Section 2.2 (avoiding bias). Option C instills fear and assumes failure, breaching Competency 4.1 (safe environment). Option D suggests rather than explores, missing full collaboration. B best facilitates self-discovery and growth.

NEW QUESTION # 32

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

- A. 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.
- B. Slam the desk, shouting "YES YES YES" and fist pump the air in celebration of your client and your good work.
- C. 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.
- D. Remind the client that this change has come only because of the coaching and the help that the coach has been giving.

Answer: D

Explanation:

Option C is the worst because it takes credit for the client's progress, violating Competency 2.2 (partnership) and Ethics Section 2.2 (avoiding self-interest). It undermines the client's autonomy (Competency 8.3) and contradicts the ICF Definition of Coaching, which credits the client for their growth.

Option A may be excessive but isn't harmful. Option B criticizes but doesn't steal credit. Option D (best, see Question 23) honors the client. C most egregiously shifts focus to the coach.

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

NEW QUESTION # 33

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 best response is:

- A. Invite a reframe and say that sometimes people become frustrated when something is really important to them-might this be the case here?

- B. Remind the client that coaching is forward-looking.
- C. Tell the client that you like her a lot and that she should not be so negative.
- D. Ask the client if she always is this negative about herself.

Answer: A

Explanation:

Option D aligns with Competency 7, "Evokes Awareness" (7.3 - Offers reframes to shift perspective), by gently encouraging the client to see her frustration in a new light without judgment (Competency 4.1). It fosters curiosity and supports Ethics Section 1.1 (respecting client experience).

Option A is overly personal and directive, breaching Competency 2.2. Option B dismisses the client's current state, missing Competency 6.1 (acknowledges emotions). Option C risks sounding accusatory, undermining trust (Competency 4.1). D best facilitates awareness and growth.

References: ICF Core Competencies (2.2, 4.1, 6.1, 7.3); ICF Code of Ethics (1.1).

NEW QUESTION # 34

Which behavior best reflects the coaching competency Establishes and Maintains Agreements?

- A. Acknowledges and respects the client's unique insights in the coaching process
- B. Develops an ongoing reflective practice to enhance one's coaching
- C. Manages their emotions to remain present with the client
- **D. Partners with the client to determine client-coach compatibility**

Answer: D

NEW QUESTION # 35

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