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Key Highlights/Features	Current Credential Exam for ACC	New ACC Exam
Timeline	Available till March 14, 2025	From November 18, 2024
Number of questions	156 MCQ	60 MCQ
Exam time	3 hours including 10 mins break	1.5 hours (90 mins) including 10 mins break
Question format	Situational judgment questions	Knowledge-based questions
Passing Score	460	460
Scale range of possible scores between 200 to 600		
Retake Fee	\$105 USD	\$105 USD

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ICF ICF-ACC Exam Syllabus Topics:

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

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ICF Associate Certified Coach Sample Questions (Q74-Q79):

NEW QUESTION # 74

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

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

Answer: D

Explanation:

Comprehensive and Detailed Explanation:

Option A is the worst because it imposes judgment ("unacceptable") and directs the client ("need to change"), violating Competency 4.1 (safe, non-judgmental environment) and Competency 2.2 (partnership). It also breaches Ethics Section 2.2 (avoiding personal bias) and the ICF Definition of Coaching, which emphasizes facilitating, not dictating.

Option B invites perspective but isn't harmful. Option C (best, see Question 11) empowers the client. Option D suggests rather than collaborates but isn't judgmental. A most severely undermines the coaching process.

NEW QUESTION # 75

Your client has identified a concrete action that they want to implement. To help them understand better what some possible results or learnings could come from this proposed action, the best response is:

- A. Remind your client that if this action succeeds, life will be much better.
- B. Ask your client to share some thoughts, remind them to think optimistically, and not focus on potential problems.
- C. **Ask questions around possible consequences or results of the implementation of this action.**
- D. Give the client an exercise to write down a list of good possible outcomes.

Answer: C

Explanation:

Comprehensive and Detailed Explanation:

Option C aligns with Competency 7, "Evokes Awareness" (7.2 - Explores possibilities), by using open-ended questions to deepen the client's understanding without bias, supporting partnership (Competency 2.2) and Ethics Section 1.1 (client-led exploration).

Option A directs the client, missing collaboration. Option B assumes a positive outcome, breaching Competency 7.11 (no attachment). Option D limits exploration by enforcing optimism (Ethics Section 2.2). C best facilitates unbiased reflection.

NEW QUESTION # 76

If a coach believes that a client is at immediate risk for self-harm, what is the first step they should take?

- A. **Call emergency response services**
- B. Talk with the client's family about getting help
- C. Discuss with a mental health professional
- D. Try counseling the client

Answer: A

Explanation:

The ICF Code of Ethics (Section 4.3) permits breaching confidentiality "to prevent serious harm" when a client poses an immediate risk, such as self-harm. Coaching boundaries exclude mental health crises (ICF Definition of Coaching), requiring urgent action. Let's evaluate:

A . Try counseling the client: Counseling exceeds coaching's scope (ICF Coaching Boundaries), and delays critical intervention in an emergency.

- B . Call emergency response services: This is the first step for immediate risk, aligning with ethical and legal obligations to prioritize safety (Section 4.3).
- C . Talk with the client's family about getting help: This breaches confidentiality without imminent danger justification and isn't the fastest response (Section 4).
- D . Discuss with a mental health professional: Consulting delays action; emergency services are needed first (Section 2.5).

Option B is the first step, per ICF ethics and boundaries.

NEW QUESTION # 77

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

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

Answer: C

Explanation:

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.

NEW QUESTION # 78

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

Answer: B

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 # 79

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