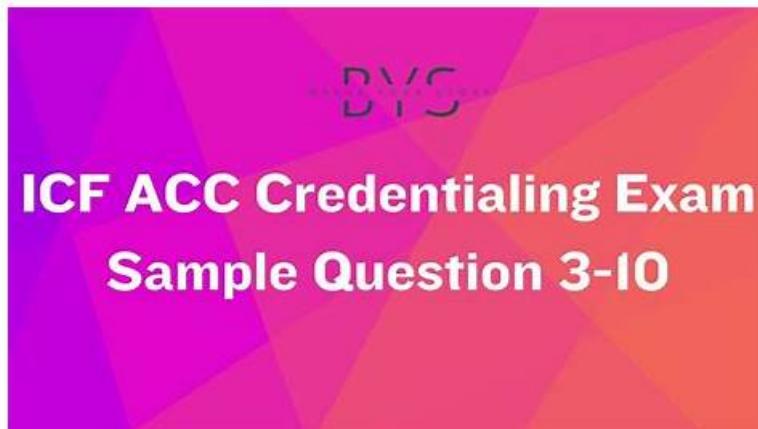


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## ICF ICF-ACC Exam Syllabus Topics:

Topic	Details
Topic 1	<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 2	<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 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>

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## ICF Associate Certified Coach Sample Questions (Q40-Q45):

### NEW QUESTION # 40

Which action, if taken by a coach at the end of a session, would most likely help a client continue to make progress?

- A. Sharing literature relevant to the client's goals for them to review before the next coaching session.
- B. Emphasizing some negative outcomes that could occur if the client does not reach their goals
- C. **Working with the client to develop an action plan that acknowledges support and resource barriers**
- D. Distributing a survey to assess the client's level of satisfaction with the coaching progress

**Answer: C**

Explanation:

ICF Competency 8 ("Facilitates Client Growth") focuses on "transforming learning into action" through specific, realistic plans that support ongoing progress. Addressing barriers ensures sustainability (ICF Definition of Coaching). Let's evaluate:

- \* A. Distributing a survey to assess the client's level of satisfaction with the coaching progress: This evaluates the process but doesn't directly drive progress (Competency 8).
- \* B. Working with the client to develop an action plan that acknowledges support and resource barriers: This aligns with Competency 8, empowering the client with a tailored, actionable strategy for continued growth.
- \* C. Emphasizing some negative outcomes that could occur if the client does not reach their goals: Fear-based motivation contradicts ICF's positive, client-led approach (Competency 5).
- \* D. Sharing literature relevant to the client's goals for them to review before the next coaching session: This supports learning but lacks the actionable focus of a plan (Competency 8).

Option B most likely helps the client progress, per ICF's growth-focused framework.

### NEW QUESTION # 41

At the end of the session, the client states that they are quite happy with their new awareness and are ready to leave. The worst response is:

- A. Ask what they would like to work on next time.
- B. Ask the client whether it might be helpful to explore some actions and accountability measures.
- C. **Tell the client that a coaching session is not finished until they have an action plan.**
- D. Are happy for the client and let them go.

**Answer: C**

Explanation:

Option C is the worst because it imposes the coach's agenda ("not finished until..."), undermining client autonomy (Competency 8.3) and partnership (Competency 2.2). It violates Ethics Section 2.2 (avoiding bias) and contradicts the ICF Definition of Coaching, which prioritizes client-driven outcomes over rigid structures.

Option A (best, see Question 13) invites collaboration. Option B lacks depth but respects the client. Option D shifts focus prematurely. C most severely disrupts the coaching dynamic.

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

### NEW QUESTION # 42

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 exactly what they want to do and when.
- B. Ask the client how they usually brainstorm or come up with new and fresh ideas.
- 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.**

**Answer: D**

#### Explanation:

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.

#### NEW QUESTION # 43

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

#### Answer: B

#### Explanation:

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).

#### NEW QUESTION # 44

Which response reflects active listening to a client who claims to be struggling?

- A. Asking to share a suggestion while the client is speaking to demonstrate the urgency of the issue
- B. Letting the client know the coach is listening and would like to share some recommendations
- **C. Allowing the client to direct the discussion while the coach asks questions to learn more**
- D. Relating to the client's struggles by mentioning similar struggles the coach has experienced

#### Answer: C

#### Explanation:

ICF Competency 6 ("Listens Actively") involves "focusing fully on what the client is saying and not saying, understanding the meaning in context, and demonstrating that the client is heard." It prioritizes client-led dialogue and clarification over coach input. Let's assess:

A . Asking to share a suggestion while the client is speaking to demonstrate the urgency of the issue: Interrupting shifts focus to the coach, undermining active listening (Competency 6).

B . Relating to the client's struggles by mentioning similar struggles the coach has experienced: This risks redirecting attention to the coach, not fully hearing the client (ICF Code of Ethics, Section 1).

C . Allowing the client to direct the discussion while the coach asks questions to learn more: This embodies Competency 6 by keeping the client central, using questions to deepen understanding and reflect listening.

D . Letting the client know the coach is listening and would like to share some recommendations: Offering recommendations shifts to action (Competency 8), not pure active listening.

Option C best reflects active listening, per ICF's competency standards.

#### NEW QUESTION # 45

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