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Criteria for ICF-ACC Credential			
	ICF-ACTP Pathway	ICF-ACSTH Pathway	ICF Portfolio Pathway
Coach-specific training hours	Depends on student-contact hours. But you have to complete entire program	60	60
Mentor Coaching Hours	10 (included in the program)	10	10
Coaching Experience Hours	100	100	100
Performance Evaluation By	Training provider	ICF	ICF
Coach Knowledge Assessment (CKA) Conducted By	ICF	ICF	ICF

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ICF ICF-ACC Exam Syllabus Topics:

Topic	Details
Topic 1	<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 2	<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.

Topic 3	<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.
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ICF Associate Certified Coach Sample Questions (Q62-Q67):

NEW QUESTION # 62

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 worst response is:

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

Answer: A

Explanation:

Option B is the worst because it assumes a positive outcome and imposes the coach's perspective, violating Competency 7.11 (shares without attachment) and Ethics Section 2.2 (avoiding bias). It undermines partnership (Competency 2.2) and limits full exploration (Competency 7.2).

Option A directs but isn't harmful. Option C (best, see Question 17) empowers. Option D restricts scope but isn't as presumptive as B. B most misaligns with ICF standards.

References: ICF Core Competencies (2.2, 7.2, 7.11); ICF Code of Ethics (2.2).

NEW QUESTION # 63

Nearing the end of a session, your client is still not quite sure what to do about a specific situation. You have the feeling that a similar experience that you have had in the past might be useful for the client. The best response is:

- A. Ask the client if you can tell them a story, and then ask them to share what is relevant in the story.
- B. Tell the client that you have had a similar experience and you know exactly what they should do.
- C. Share your story and list the possible options your client can try.
- D. **Share with the client that you have had a similar experience and enquire if the client would like to hear and see if anything in there may or may not be useful.**

Answer: D

Explanation:

Option D adheres to Competency 7.11, "Shares observations, insights, and feelings without attachment," by offering the experience as an option while preserving client autonomy (Competency 8.3). It aligns with Ethics Section 2.2 (non-imposition) and the ICF Definition of Coaching (facilitating, not directing).

Option A is directive, violating Competency 2.2. Option B seeks permission but assumes relevance. Option C shares without consent and suggests solutions, bypassing partnership. D best respects the client's choice and process.

References: ICF Core Competencies (2.2, 7.11, 8.3); ICF Code of Ethics (2.2); ICF Definition of Coaching

NEW QUESTION # 64

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

- A. Relating to the client's struggles by mentioning similar struggles the coach has experienced
- 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. Asking to share a suggestion while the client is speaking to demonstrate the urgency of the issue

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 # 65

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

Answer: C

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 # 66

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. Give the client an exercise to write down a list of good possible outcomes.
- **C. Ask questions around possible consequences or results of the implementation of this action.**
- D. Ask your client to share some thoughts, remind them to think optimistically, and not focus on potential problems.

Answer: C

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.

References: ICF Core Competencies (2.2, 7.2, 7.11); ICF Code of Ethics (1.1, 2.2).

NEW QUESTION # 67

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