

# ICF-ACC Original Questions Exam Latest Release | Updated ICF ICF-ACC: Associate Certified Coach



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## ICF ICF-ACC Exam Syllabus Topics:

Topic	Details
Topic 1	<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>
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: 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>

>> ICF-ACC Original Questions <<

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

### NEW QUESTION # 74

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:

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.

References: ICF Core Competencies (2.2, 4.1, 7.2, 8.3); ICF Code of Ethics (1.1, 2.2).

### NEW QUESTION # 75

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. 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. Slam the desk, shouting "YES YES YES" and fist pump the air in celebration of your client and your good work.
- C. 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.
- 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 # 76

Which is a key element of ICF's Evokes Awareness competency?

- A. Agree with the client on their overall goals.
- B. Share observations to create new learning for the client
- C. Acknowledge what is hard for the client
- D. Support the client by showing empathy

**Answer: B**

Explanation:

ICF Competency 7 ("Evokes Awareness") involves "providing observations, asking questions, and challenging the client to increase

awareness and insight." Sharing observations is a key element to spark new learning. Let's evaluate:

- A . Support the client by showing empathy: This aligns with Competency 5 ("Cultivates Trust and Safety"), not evoking awareness.
  - B . Agree with the client on their overall goals: This fits Competency 3 ("Establishes Agreements"), not Competency 7.
  - C . Share observations to create new learning for the client: This directly reflects Competency 7's focus on offering perspectives to enhance client insight.
  - D . Acknowledge what is hard for the client: This supports empathy (Competency 5), not the proactive awareness-evoking of Competency 7.
- Option C is a key element of "Evokes Awareness," per ICF's competency definition.

### NEW QUESTION # 77

Which is typically specified as a responsibility of the coach in a coaching agreement?

- A. Determining what information is considered confidential
- B. Clarifying the conditions under which the coaching goals should change
- C. Describing the services the coach will provide to the client
- **D. Specifying how long the coaching relationship will last**

**Answer: D**

Explanation:

The ICF Code of Ethics (Section 1.1) mandates that coaches "create an agreement/contract regarding the roles, responsibilities, and rights of all parties involved" before beginning a coaching relationship. A key responsibility of the coach in this agreement is to clearly outline the nature and scope of services provided, ensuring transparency and alignment with the client's expectations (ICF Competency 3: "Establishes and Maintains Agreements"). Let's evaluate the options:

\* A. Describing the services the coach will provide to the client: This is explicitly required by ICF standards. The coaching agreement must detail what coaching entails (e.g., frequency, format, process), distinguishing it from other services like consulting or therapy (ICF Code of Ethics, Section 1.2). This fosters trust and clarity, per Competency 5 ("Cultivates Trust and Safety").

\* B. Determining what information is considered confidential: While confidentiality is critical (ICF Code of Ethics, Section 4), it is a mutual understanding shaped by legal and ethical standards, not solely the coach's responsibility to "determine." It's typically addressed jointly in the agreement.

\* C. Clarifying the conditions under which the coaching goals should change: Goal-setting is a collaborative process (ICF Competency 3), and while conditions for change may be discussed, this is not typically specified as the coach's unilateral responsibility in the agreement.

\* D. Specifying how long the coaching relationship will last: Duration may be included in the agreement, but it's not universally required and often depends on client needs or mutual agreement, making it less fundamental than describing services.

Option A is the most accurate, as it reflects the coach's core responsibility under ICF guidelines to define the coaching services explicitly in the agreement.

### NEW QUESTION # 78

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

**Answer: C**

Explanation:

Comprehensive and Detailed 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.

## NEW QUESTION # 79

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