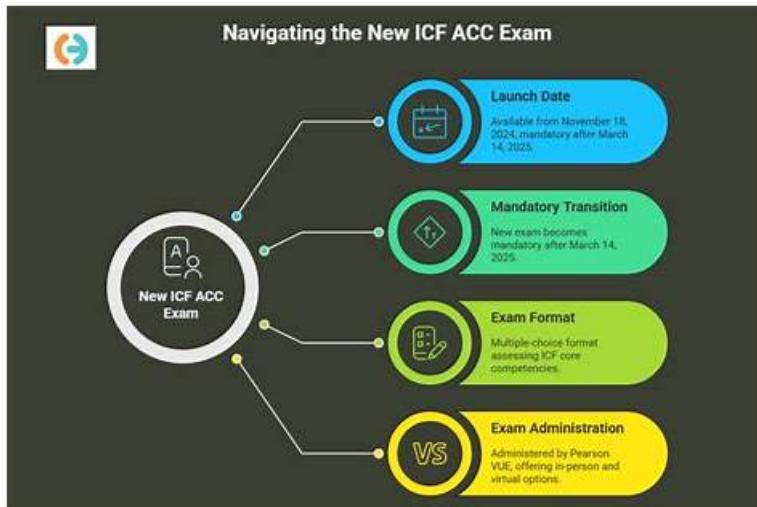


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ICF ICF-ACC Exam Syllabus Topics:

Topic	Details
Topic 1	<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 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: 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.

ICF Associate Certified Coach Sample Questions (Q68-Q73):

NEW QUESTION # 68

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. Are happy for the client and let them go.
- **D. Tell the client that a coaching session is not finished until they have an action plan.**

Answer: D

Explanation:

Comprehensive and Detailed 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.

NEW QUESTION # 69

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 # 70

In which situation should a coach recommend that a client speak with a therapist?

- A. The coach feels like their guidance has not been helping the client's professional development
- B. The coach notices the client often seems distracted during sessions
- **C. The client says their frequent and intense mood swings are disrupting their life**
- D. The client explains that they have been feeling nervous about an upcoming change at work

Answer: C

Explanation:

The ICF Code of Ethics (Section 2.5) mandates referral when client needs fall outside coaching's scope, such as mental health conditions (ICF Coaching Boundaries). Mood swings disrupting life suggest a clinical issue. Let's review:

A . The coach feels like their guidance has not been helping the client's professional development: This may require coaching adjustments, not therapy (Competency 8).

B . The coach notices the client often seems distracted during sessions: Distraction alone doesn't indicate therapy unless tied to mental health (Competency 6).

C . The client says their frequent and intense mood swings are disrupting their life: This suggests a potential disorder (e.g., bipolar), requiring therapeutic intervention (Section 2.5).

D . The client explains that they have been feeling nervous about an upcoming change at work: Situational nervousness is coachable (Competency 7), not requiring therapy.

Option C justifies a therapy recommendation, per ICF ethics and boundaries.

NEW QUESTION # 71

Which type of listening involves attending to the client's words body language and tone at the same time?

- A. Basic
- B. Attentive
- **C. Active**
- D. Explorative

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," including verbal and non-verbal cues like tone and body language.

Let's evaluate:

- * A. Basic: This implies minimal engagement, not attending to multiple cues (below Competency 6).
- * B. Attentive: This suggests focus but lacks the depth of interpreting body language and tone (less than Competency 6).
- * C. Active: This matches Competency 6, encompassing words, tone, and body language simultaneously.
- * D. Explorative: This aligns more with questioning (Competency 7), not listening.

Option C is the type of listening described, per ICF's definition of active listening.

NEW QUESTION # 72

When determining the structure of the coaching sessions, the key factor for coaches to consider is.

- A. developing session structures that follow the basic process of introducing a topic exploring the content, and wrapping up
- B. determining which techniques they can do most effectively and then use them consistently across clients
- **C. applying a client-centered approach that allows clients to drive the session without interruption from the coach**
- D. having the flexibility to change the structure of the session as needed to meet the client's needs

Answer: C

Explanation:

ICF Competency 2 ("Embodies a Coaching Mindset") and Competency 5 ("Cultivates Trust and Safety") emphasize adaptability to the client's unique needs, prioritizing their agenda (ICF Code of Ethics, Section 1).

Let's evaluate:

- * A. Determining which techniques they can do most effectively and then use them consistently across clients: This is coach-centric, ignoring client individuality (Competency 3).
- * B. Developing session structures that follow the basic process of introducing a topic, exploring the content, and wrapping up: A

rigid structure limits responsiveness to client needs (Competency 2).

* C. Having the flexibility to change the structure of the session as needed to meet the client's needs This reflects ICF's client-centered, adaptable approach (Competency 8).

* D. Applying a client-centered approach that allows clients to drive the session without interruption from the coach: While client-driven, uninterrupted sessions may hinder facilitation (Competency 7).

Option C is the key factor, per ICF's flexible, client-focused standards.

NEW QUESTION # 73

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