

주제 2	<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.
주제 3	<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.

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최신 Associate Certified Coach ICF-ACC 무료샘플문제 (Q78-Q83):

질문 # 78

Nearing the end of a coaching session, the client has a very clear idea of the plan that he/she would like to implement. To help the client identify if they have all the support that they need in moving forward, the best response is:

- A. Help the client in assessing whether they have any areas that might need more support or still need to be addressed.
- B. Ask the client who will be their support.
- C. Offer to email the client daily until they have implemented the project.
- D. Remind the client that two horses pull more weight than one, and they need someone to help them implement their plan.

정답: A

설명:

Option D aligns with Competency 8.2, "Partners to design goals, actions, and accountability measures," by collaboratively assessing support needs, fostering autonomy (Competency 8.3) and adhering to Ethics Section 1.1 (client-driven process).

Option A oversteps boundaries (Ethics Section 2.1). Option B assumes external support without exploration.

Option C imposes a metaphor and directive, missing partnership (Competency 2.2). D best ensures the client's plan is robust.

References: ICF Core Competencies (2.2, 8.2, 8.3); ICF Code of Ethics (1.1, 2.1).

질문 # 79

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. Share with the client what you think the best next step would be.
- B. Discuss the barriers that the client will face in trying to change.
- C. Ask the client exactly what they want to do and when.
- D. Ask the client how they usually brainstorm or come up with new and fresh ideas.

정답: A

설명:

Comprehensive and Detailed 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.

질문 # 80

A coach facilitates a client's growth by shifting the client's focus to the

- A. problem rather than the opportunity to Build potential
- B. individual self rather than the coaching topic or goal
- C. behavior rather than the client's sense of self
- **D. current situation rather than the future outcome**

정답: D

설명:

ICF Competency 8 ("Facilitates Client Growth") involves "partnering with the client to transform learning and insight into action," often by focusing on observable behaviors that support goal achievement. Shifting focus to behavior aligns with coaching's action-oriented nature while respecting the client's autonomy (ICF Code of Ethics, Section 1). Let's evaluate:

* A. Current situation rather than the future outcome: Coaching balances present awareness with future goals (Competency 7), not prioritizing one over the other.

* B. Individual self rather than the coaching topic or goal: Focusing solely on "self" risks veering into therapy, while coaching targets specific goals (ICF Definition of Coaching).

* C. Behavior rather than the client's sense of self: This fosters growth by addressing actionable steps rather than identity, aligning with Competency 8 and coaching's practical focus.

* D. Problem rather than the opportunity to build potential: Coaching emphasizes potential and solutions (ICF Definition of Coaching), not dwelling on problems.

Option C best reflects how a coach facilitates growth, per ICF's competency and ethical framework.

질문 # 81

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

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

정답: D

설명:

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.

질문 # 82

Your client has shared that he/she is experiencing a similar problem in different areas of his/her life, in the workplace and in their personal life. As you are discussing this with your client, you begin to think that there might be a pattern emerging. The worst response is:

- A. Notice the pattern and let your client know that they are deliberately sabotaging themselves by not changing this pattern.

- B. Notice the pattern and offer your client your wisdom in overcoming their difficulty.
- C. Notice the pattern and suggest that the client change something in order to break the pattern.
- D. Notice the pattern and ask the client if exploring what the connecting factors might be could be a useful next step.

정답: B

설명:

Comprehensive and Detailed Explanation:

Option D is the worst because it shifts the coach into an advisory role, offering "wisdom" without client input, which violates the ICF Definition of Coaching (client-driven process) and Competency 2.2 (partnership over directive advice). It also risks imposing the coach's agenda, breaching Ethics Section 2.2.

Option A is the best (see Question 3). Option B suggests action prematurely but is less harmful than C or D. Option C judges the client, which is inappropriate (Competency 4.1), but D's directive stance most egregiously undermines the coaching process by prioritizing the coach's insight over the client's autonomy.

질문 # 83

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