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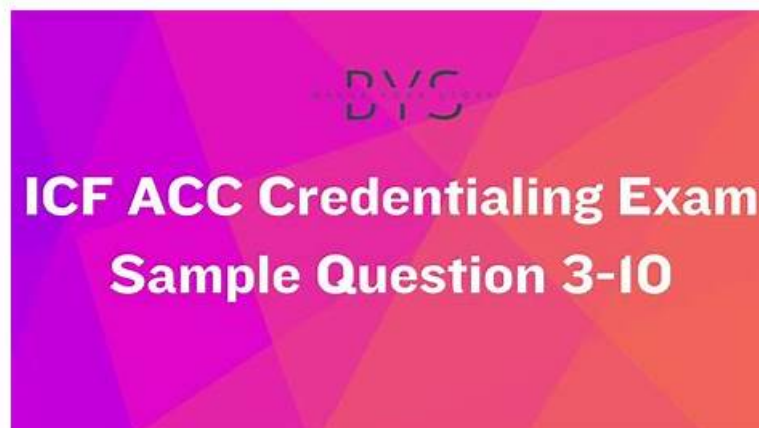

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ICF ICF-ACC Exam Syllabus Topics:

Topic	Details
Topic 1	• 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	• 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.
Topic 3	• 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.

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ICF Associate Certified Coach Sample Questions (Q26-Q31):

NEW QUESTION # 26
Which is a key element of ICPs Evokes Awareness competency?

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

Answer: C

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 # 27
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. Ask the client who will be their support.
- B. Offer to email the client daily until they have implemented the project.
- C. Help the client in assessing whether they have any areas that might need more support or still need to be addressed.
- D. Remind the client that two horses pull more weight than one, and they need someone to help them implement their plan.

Answer: C

Explanation:
Comprehensive and Detailed Explanation:
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.

NEW QUESTION # 28
Most coaching tools and techniques reflect the principles associated with which discipline?

- A. Education science
- B. Positive psychology
- C. Sociology
- D. Social work

Answer: B

Explanation:
The International Coaching Federation (ICF) defines coaching as "partnering with clients in a thought-provoking and creative

process that inspires them to maximize their personal and professional potential" (ICF Code of Ethics, Introduction). Many coaching tools and techniques are designed to align with this definition by focusing on strengths, goal-setting, and fostering self-awareness-principles that are deeply rooted in positive psychology. Positive psychology, as a discipline, emphasizes the study and application of strengths, well-being, and optimal human functioning, which directly correlates with the ICF Core Competencies, such as "Facilitates Client Growth" (Competency 8) and "Cultivates Trust and Safety" (Competency 5).

For example, tools like the GROW model (Goal, Reality, Options, Will), commonly used in coaching, reflect positive psychology's focus on forward movement and solutions rather than dwelling on deficits, aligning with ICF's emphasis on "evoking awareness" (Competency 7). Similarly, techniques such as appreciative inquiry, which encourages clients to explore what works well and build on it, mirror positive psychology's strengths-based approach and are consistent with ICF's ethical boundary of empowering clients rather than fixing them (ICF Code of Ethics, Section 2.1).

In contrast:

B . Education science: While coaching may involve learning, it is not primarily instructional or pedagogical, as education science focuses on structured teaching rather than client-driven discovery.

C . Sociology: This discipline studies societal structures and group dynamics, which is broader and less individualized than coaching's focus on personal potential.

D . Social work: Social work often involves advocacy and addressing systemic issues, which exceeds coaching's boundaries as a non-therapeutic, client-led process (ICF Definition of Coaching).

Thus, positive psychology is the discipline most reflected in coaching tools and techniques, as verified by ICF's foundational principles and competencies.

NEW QUESTION # 29

A client tells their coach that they can't stop thinking about harming themselves and shares specific information about when and how they are planning to do it Which action should the coach take first?

- A. Schedule more frequent coaching sessions
- B. Discuss the issue with the client's family
- C. Tell the client to call a therapist
- D. Contact the appropriate emergency response services

Answer: D

Explanation:

The ICF Code of Ethics (Section 4.3) allows breaches of confidentiality "when required by law or to prevent serious harm," and suicidal ideation with a specific plan constitutes an immediate risk. Coaching boundaries exclude handling mental health crises (ICF Definition of Coaching), requiring urgent action. Let's assess:

A . Tell the client to call a therapist: This delays intervention in a crisis and shifts responsibility to the client, who may not act, contradicting the coach's duty to prevent harm (ICF Code of Ethics, Section 2.5).

B . Contact the appropriate emergency response services: This is the first step when a client presents an imminent threat to themselves, aligning with ethical and legal obligations to prioritize safety (ICF Code of Ethics, Section 4.3).

C . Schedule more frequent coaching sessions: This is inadequate for an emergency and exceeds coaching's scope (ICF Coaching Boundaries).

D . Discuss the issue with the client's family: This breaches confidentiality without consent unless harm is imminent and emergency services are unavailable, making it a secondary step (ICF Code of Ethics, Section 4).

Option B is the first action, as it addresses the immediate danger per ICF ethics and boundaries.

NEW QUESTION # 30

Which best reflects the meaning of the term "conflict of interest" as it relates to the ICF Code of Ethics?

- A. The client has so many interests that it becomes a challenge to identify dear coaching goals
- B. The coach and the client cannot agree on what will serve as the client's best interest during the coi
- C. The interests expressed by the client have the potential to work against the coach's plan for the session
- D. The coach serves one of their own interests that works against one of the client's interests

Answer: D

Explanation:

The ICF Code of Ethics (Section 3.1) defines a conflict of interest as "a situation in which a coach has a private or personal interest sufficient to appear to influence the objective exercise of their professional duties." It's about the coach's competing interests, not the client's. Let's analyze:

A . The client has so many interests that it becomes a challenge to identify clear coaching goals: This is a coaching challenge, not a conflict of interest per ICF's definition.
B . The coach and the client cannot agree on what will serve as the client's best interest during the coi: (Assuming "coi" is "coaching") This is a disagreement, not a conflict of interest involving the coach's personal gain.
C . The coach serves one of their own interests that works against one of the client's interests: This matches Section 3.1, where a coach's personal agenda (e.g., financial gain) undermines client needs, requiring disclosure (Section 3.2).
D . The interests expressed by the client have the potential to work against the coach's plan for the session: This is a misalignment of goals, not a conflict of interest tied to the coach's personal benefit.
Option C best reflects ICF's definition of a conflict of interest.

NEW QUESTION # 31

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