

# Quiz 2026 ICF ICF-ACC: Associate Certified Coach–The Best Test Assessment



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## ICF ICF-ACC Exam Syllabus Topics:

Topic	Details
Topic 1	<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>
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: 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>

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## ICF Associate Certified Coach Sample Questions (Q36-Q41):

### NEW QUESTION # 36

Which adjectives best reflect the competency Embodies a Coaching Mindset?

- A. Decisive, agreeable and observant
- B. Careful, prepared and purposeful
- C. Open curious. and flexible
- D. Focused, task-oriented and professional

**Answer: C**

Explanation:

ICF Competency 2 ("Embodies a Coaching Mindset") describes a coach who is "open to not knowing, curious about the client's perspective, and flexible in adapting to the client's needs." This mindset prioritizes a non-judgmental, exploratory stance over rigidity or task focus. Let's evaluate:

A. Focused, task-oriented, and professional: While professionalism matters, "task-oriented" suggests a directive approach, misaligned with the client-centered curiosity of Competency 2.

B. Decisive, agreeable, and observant: "Decisive" implies control, and "agreeable" may suggest pleasing rather than challenging, both inconsistent with the exploratory nature of a coaching mindset.

C. Careful, prepared, and purposeful: These are positive traits, but "careful" and "prepared" imply caution and structure over the openness and adaptability central to Competency 2.

D. Open, curious, and flexible: These directly reflect Competency 2's emphasis on being receptive, inquisitive, and adaptable, fostering a mindset that supports client growth (ICF Code of Ethics, Section 1).

Option D best captures "Embodies a Coaching Mindset," per ICF's competency definition.

### NEW QUESTION # 37

Which reflects a challenge best addressed through coaching rather than psychotherapy?

- A. Reducing feelings of sadness
- B. Committing to eating healthier foods
- C. Eliminating obsessive thoughts
- D. Managing an intense fear of flying

**Answer: B**

Explanation:

ICF coaching focuses on goal-setting and personal growth (ICF Definition of Coaching), not treating mental health conditions (ICF Coaching Boundaries). Let's assess:

A. Eliminating obsessive thoughts: This suggests a clinical issue (e.g., OCD), requiring psychotherapy, not coaching (Section 2.5).

B. Committing to eating healthier foods: This is a behavioral goal within coaching's scope, supporting lifestyle changes (Competency 8).

C. Reducing feelings of sadness: Persistent sadness may indicate depression, a therapeutic need beyond coaching (ICF Coaching Boundaries).

D. Managing an intense fear of flying: This phobia typically requires therapy, not coaching, due to its psychological depth (Section 2.5).

Option B is best addressed through coaching, per ICF's focus and boundaries.

### NEW QUESTION # 38

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. Are happy for the client and let them go.
- B. Ask the client whether it might be helpful to explore some actions and accountability measures.

- C. Ask what they would like to work on next time.
- **D. Tell the client that a coaching session is not finished until they have an action plan.**

**Answer: D**

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.

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

### NEW QUESTION # 39

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

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

**Answer: B**

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 # 40

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

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

**Answer: B**

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 # 41

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