ICF-ACCトレーニング & ICF-ACC最新試験

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ICF ICF-ACC 認定試験の出題範囲：

トピック	出題範囲
トピック 1	• 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.
トピック 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.
トピック 3	• 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.

一夜漬け ICF 認定 ICF-ACC 問題集 直前対策テキスト

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ICF Associate Certified Coach 認定 ICF-ACC 試験問題 (Q86-Q91):

質問 # 86
Which is the most effective way to begin the goal setting process with a client who feels unsure of what they want their coaching goals to be?

- A. Suggest the client ask people who are important to them what goals they should work on
- B. Encourage the client to explore the pool and how things might have turned out differently
- C. Work with the client to establish the purpose and value of the sessions
- D. Ask the client for feedback on the first session and how to improve future sessions.

正解：C

解説：
ICF Competency 3 ("Establishes and Maintains Agreements") requires coaches to clarify the coaching purpose and process, especially at the outset, to ensure alignment. For a client unsure of goals, starting with purpose provides direction (ICF Definition of Coaching). Let's review:
* A. Suggest the client ask people who are important to them what goals they should work on: This undermines client autonomy (ICF Code of Ethics, Section 1) and delays the coach-client exploration process.
* B. Work with the client to establish the purpose and value of the sessions: This aligns with Competency 3 and Competency 7 ("Evokes Awareness") by collaboratively grounding the client in why they're coaching, paving the way for goal clarity.
* C. Ask the client for feedback on the first session and how to improve future sessions: This is useful later but premature for goal-setting with an unsure client.
* D. Encourage the client to explore the pool and how things might have turned out differently:
(Assuming "pool" is a typo for "past") This risks a therapeutic focus on history, not coaching's future orientation (ICF Coaching Boundaries).
Option B is most effective, per ICF's framework for initiating goal-setting with clarity and purpose.

質問 # 87
At the end of the session, the client states that they are quite happy with their new awareness and are ready to leave. The best response is:

- A. Are happy for the client and let them go.
- B. Tell the client that a coaching session is not finished until they have an action plan.
- C. Ask what they would like to work on next time.
- D. Ask the client whether it might be helpful to explore some actions and accountability measures.

正解：D

解説：
Comprehensive and Detailed Explanation:
Option A aligns with Competency 8.2, "Partners with the client to design goals, actions, and accountability measures," by inviting the client to consider next steps without forcing them, respecting autonomy (Competency 8.3) and partnership (Competency 2.2). It adheres to Ethics Section 1.1 (client-led process).
Option B ends prematurely, missing growth opportunities (Competency 8). Option C imposes a rule, violating Competency 2.2 and Ethics Section 2.2. Option D shifts focus to the future without integrating current awareness (Competency 8.1). A best balances closure and progress.

質問 # 88

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 worst response is:

- A. Tell the client that they need to stick to their decision and try harder.
- B. After hearing the situation, kindly suggest what the client might be learning about being stuck.
- C. Ask the client questions about what this is helping them understand or learn about themselves, their process, or the situation.
- D. Remind the client that they will fail long term if they don't have better support.

正解：D

解説：
Option C is the worst because it uses fear-based language ("will fail") and assumes a need for support, violating Competency 4.1 (safe, non-judgmental environment) and Ethics Section 2.2 (avoiding bias). It undermines partnership (Competency 2.2) and the ICF Definition of Coaching by imposing the coach's narrative.
Option A directs but isn't as threatening. Option B (best, see Question 21) empowers. Option D suggests but remains gentle. C most severely disrupts trust and autonomy.
References: ICF Core Competencies (2.2, 4.1); ICF Code of Ethics (2.2); ICF Definition of Coaching.

質問 # 89

Your client is a very creative person who thinks in pictures and learns visually. You, as a coach, are not naturally visual. In order to encourage and facilitate your client's learning, the best response is:

- A. Let your client know that to solve problems it is more important to be rational and to approach the problem from a more sensible point of view.
- B. Ask the client about what they know about their preferred learning style and enquire whether using a whiteboard would be a good idea.
- C. Tell your client that you are not able to work with them, as you are not a visual and creative person, therefore not a good coaching match.
- D. Bring a whiteboard into the coaching session where you and the client can use the space to draw pictures, connections, or add any visual aids that might encourage your client's learning.

正解：B

解説：
Comprehensive and Detailed Explanation:
The ICF Core Competency 4, "Cultivates Trust and Safety," emphasizes adapting to the client's needs to create a supportive environment (ICF Core Competencies, 4.1). Additionally, Competency 6, "Listens Actively," requires coaches to be attuned to the client's way of processing information (6.2). Option D aligns with these principles by demonstrating curiosity and partnership. Asking the client about their preferred learning style respects their autonomy and ensures the coach does not assume what works best, which is a key aspect of the ICF Code of Ethics, Section 4, "Responsibility to Practice and Performance" (4.1 - Adapting to client needs).
Option A violates the ethical principle of non-discrimination and fails to adapt to the client's needs, potentially undermining trust. Option B assumes the whiteboard is the solution without client input, which does not fully partner with the client (Competency 2.2 - Partnership). Option C dismisses the client's visual learning style, contradicting Competency 7, "Evokes Awareness," which encourages leveraging the client's strengths (7.1). Thus, D is the best response as it fosters collaboration and tailors the approach to the client's preferences.

質問 # 90

Which best reflects a plan of action that is likely to be successful?

- A. Take longer lunch breaks when they have the time
- B. Try as hard as they can to become a top executive
- C. Put more effort into their work so the boss is impressed
- D. Complete a report two weeks ahead of schedule

正解：D

解説：
ICF Competency 8 ("Facilitates Client Growth") emphasizes creating actionable, specific, and measurable plans to support client success. A successful action plan aligns with the client's goals and is realistic and time-bound (ICF Definition of Coaching). Let's evaluate:
A . Try as hard as they can to become a top executive: This is vague, lacks specificity, and isn't time-bound, making success hard to measure or achieve (Competency 8).
B . Complete a report two weeks ahead of schedule: This is specific, measurable, achievable, and time-bound, reflecting an effective action plan per ICF standards for facilitating growth.
C . Take longer lunch breaks when they have the time: This lacks purpose or alignment with professional goals and isn't a clear plan for success (ICF Code of Ethics, Section 1).
D . Put more effort into their work so the boss is impressed: This is vague and subjective, missing the clarity and structure ICF action plans require.
Option B best reflects a successful plan, per ICF's focus on actionable outcomes.

質問 #91

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