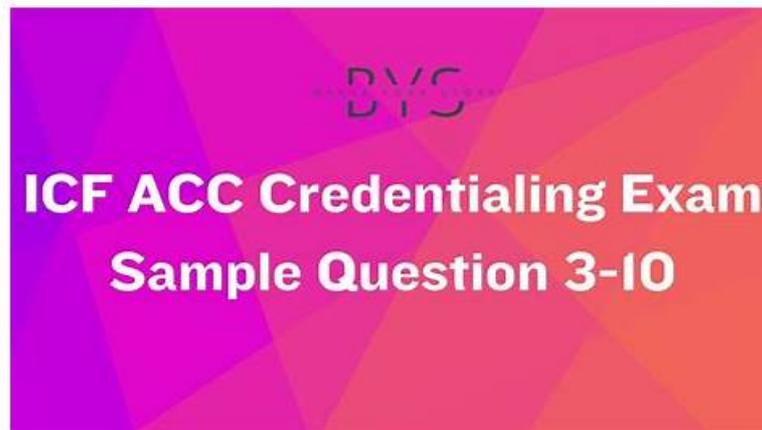


# ICF-ACC Exam Tutorials - ICF-ACC Valid Exam Guide



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### ICF ICF-ACC Exam Syllabus Topics:

Topic	Details
Topic 1	<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>

Topic 2	<ul style="list-style-type: none"> <li>• <b>Domain: Definition and Boundaries of Coaching:</b> 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 3	<ul style="list-style-type: none"> <li>• <b>Domain: Coaching Competencies, Strategies, and Techniques:</b> 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>

## ICF Associate Certified Coach Sample Questions (Q74-Q79):

### NEW QUESTION # 74

A sponsor hires a coach to work with a director. The director asks the coach to provide coaching to address a personal issue under a separate contract. What should the coach do as an ethical responsibility?

- A. Clarify the implications of both contracts to avoid possible conflicts of interest
- B. Decline the request for the personal coaching contract due to the limits of confidentiality
- C. Accept to deliver the same type of coaching between the two contracts
- D. Ensure that the sponsor does not pay for the director's personal coaching

**Answer: A**

Explanation:

The ICF Code of Ethics (Section 1.2) requires coaches to "clarify roles and responsibilities" in multi-party agreements, and Section 3.2 mandates disclosing conflicts of interest. Dual contracts (sponsor and personal) risk overlapping interests or confidentiality issues (Section 4). Let's assess:

A. Clarify the implications of both contracts to avoid possible conflicts of interest: This ensures transparency and alignment (Competency 3), addressing potential conflicts ethically.

B. Accept to deliver the same type of coaching between the two contracts: This ignores potential conflicts or confidentiality breaches between sponsor and personal goals.

C. Ensure that the sponsor does not pay for the director's personal coaching: Payment source is secondary; the ethical issue is role clarity and conflicts, not just funding.

D. Decline the request for the personal coaching contract due to the limits of confidentiality: Declining isn't required if boundaries are clear; ICF allows multiple roles with disclosure (Section 1.2).

Option A fulfills the coach's ethical responsibility, per ICF standards.

### NEW QUESTION # 75

The client asks you to call them every day to make sure they do their homework. The best response is:

- A. Call them-you are a service provider after all.
- B. Reject that demand-you are not the client's nanny.
- C. Help the client think about ways he/she could remind him/herself.
- D. Tell the client that this will cost extra.

**Answer: C**

Explanation:

Comprehensive and Detailed Explanation:

Option D aligns with Competency 8.3, "Supports client autonomy in the design of goals, actions, and methods of accountability," by empowering the client to create their own system, fostering independence per Ethics Section 1.1. It reflects partnership (Competency 2.2) and the ICF Definition of Coaching (client-led process).

Option A dismisses the request rudely, breaching Competency 4.1. Option B oversteps boundaries, risking dependency (Ethics Section 2.1). Option C turns it transactional, missing the coaching focus. D best supports long-term growth.

### NEW QUESTION # 76

A potential client seeks expert advice and information about new markets on which they should focus their business. Which would most likely fit best for this client?

- A. Consulting
- B. Coaching
- C. Coaching
- D. Mentoring

**Answer: A**

Explanation:

The ICF Definition of Coaching focuses on "partnering with clients in a thought-provoking and creative process" to maximize potential, not providing expert advice (ICF Coaching Boundaries). A client seeking "expert advice and information" about markets requires a different approach. Let's analyze:

A. Consulting: Consulting involves delivering expertise and solutions, fitting the client's need for market-specific advice, distinct from coaching's non-directive nature (ICF Code of Ethics, Section 2.3).

B. Coaching: Coaching supports goal-setting and self-discovery, not delivering expert market insights (ICF Definition of Coaching).

C. Coaching: (Duplicate option) Same as B.

D. Mentoring: Mentoring shares experience and guidance, which is closer but less formal and expert-driven than consulting.

Option A (consulting) best fits, as it aligns with the client's need for expertise, outside ICF coaching boundaries.

### NEW QUESTION # 77

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

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

**Answer: B**

Explanation:

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.

### NEW QUESTION # 78

Which is important for coaches to do when working with clients?

- A. Analyze client emotions
- B. Understand client mental health
- C. Support client success
- D. Manage client behaviors

**Answer: C**

Explanation:

The ICF Definition of Coaching centers on "partnering with clients in a thought-provoking and creative process that inspires them to



