

ICF-ACC Latest Exam Duration | High-quality ICF ICF-ACC: Associate Certified Coach

Key Highlights/Features	Current Credential Exam for ACC	New ACC Exam
Timeline	Available till March 14, 2025	From November 18, 2024
Number of questions	Candidates can choose to take either existing Credential Exam or the new ACC Exam between Nov 18, 2024 to Mar 14, 2025.	156 MCQ
Exam time	3 hours including 10 mins break	1.5 hours (90 mins) including 10 mins break
Question format	Situational judgment questions	Knowledge-based questions
Passing Score	460	460
Scale range of possible scores between 200 to 600		
Retake Fee	\$105 USD	\$105 USD

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ICF ICF-ACC Exam Syllabus Topics:

Topic	Details
Topic 1	<ul style="list-style-type: none">• 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.
Topic 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.
Topic 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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ICF Associate Certified Coach Sample Questions (Q16-Q21):

NEW QUESTION # 16

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 offer your client your wisdom in overcoming their difficulty.
- B. Notice the pattern and ask the client if exploring what the connecting factors might be could be a useful next step.
- C. Notice the pattern and let your client know that they are deliberately sabotaging themselves by not changing this pattern.
- D. Notice the pattern and suggest that the client change something in order to break the pattern.

Answer: A

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.

References: ICF Core Competencies (2.2, 4.1); ICF Code of Ethics (2.2); ICF Definition of Coaching.

NEW QUESTION # 17

a client who recently moved to a new country told their coach they are struggling to make friends. which action by the coach would most likely evoke awareness?

- A. Say the challenges are likely caused by cultural difference
- B. Suggest concrete steps the client could take to make friends
- C. Acknowledge that making friends is difficult and can take time
- D. Ask what the client believes is at the root of this struggle

Answer: D

Explanation:

ICF Competency 7 ("Evokes Awareness") involves "asking questions and providing observations that help the client gain insight and explore new perspectives." This competency prioritizes deepening the client's self-understanding over offering solutions or validation. Let's evaluate:

- * A. Ask what the client believes is at the root of this struggle: This powerful question evokes awareness by prompting self-reflection and insight, directly aligning with Competency 7 and the ICF focus on client autonomy (ICF Code of Ethics, Section 1).
- * B. Acknowledge that making friends is difficult and can take time: While supportive (Competency 5), this doesn't challenge or deepen awareness, limiting its impact.
- * C. Suggest concrete steps the client could take to make friends: This shifts to action planning (Competency 8), not evoking awareness, and risks being directive (ICF Code of Ethics, Section 2.3).
- * D. Say the challenges are likely caused by cultural difference: This imposes the coach's assumption, reducing client exploration and contradicting Competency 7's focus on client-driven insight.

Option A best evokes awareness, per ICF's competency framework.

NEW QUESTION # 18

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

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

Answer: B

Explanation:

Comprehensive and Detailed Explanation:

Option C is the worst because it shifts the coaching relationship into a transactional exchange, undermining Competency 2.2 (partnership) and Ethics Section 2.1 (maintaining professional boundaries). It fails to address autonomy (Competency 8.3) or facilitate growth, contradicting the ICF Definition of Coaching.

Option A is blunt but sets a boundary. Option B risks dependency but meets the request. Option D (best, see Question 15) empowers the client. C most severely misaligns with coaching principles.

NEW QUESTION # 19

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

Answer: C

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 # 20

During the coaching session, a client has a new and very clear insight about the way that they have been treating a colleague. The best response is:

- A. Suggest that this insight could be very useful in changing the client's behavior toward the colleague.
- B. Tell them that the way they have been treating the colleague is unacceptable, and they need to change if they want to be a better person.
- C. Ask them how they would feel if they were the colleague being treated in this way.
- **D. Ask the client how this new insight could impact his/her behavior towards the colleague.**

Answer: D

Explanation:

Comprehensive and Detailed Explanation:

Option C aligns with ICF Core Competency 8, "Facilitates Client Growth" (8.1 - Works with the client to integrate new awareness into behaviors), by encouraging the client to explore the practical implications of their insight. This fosters autonomy (Competency 8.3) and partnership (Competency 2.2), while respecting the client's experience per Ethics Section 1.1.

Option A judges the client, violating Competency 4.1 (non-judgmental stance) and Ethics Section 2.2 (avoiding bias). Option B shifts focus to empathy, which may be useful but doesn't directly integrate the insight (Competency 8.1). Option D suggests rather than partners, missing full collaboration. C best supports client-led growth.

NEW QUESTION # 21

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