

Quiz 2026 ICF ICF-ACC: Authoritative Associate Certified Coach Reliable Exam Practice



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If you remain an optimistic mind all the time when you are preparing for the ICF-ACC exam, we deeply believe that it will be very easy for you to successfully pass the ICF-ACC exam, and get the related ICF-ACC certification in the near future. Of course, we also know that how to keep an optimistic mind is a question that is very difficult for a lot of people to answer. As is known to us, where there is a will, there is a way. We believe you will get wonderful results with the help of our ICF-ACC Exam Questions as we have been professional in this field.

ICF ICF-ACC Exam Syllabus Topics:

Topic	Details
Topic 1	<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.
Topic 2	<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 3	<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.

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ICF Associate Certified Coach Sample Questions (Q69-Q74):

NEW QUESTION # 69

Which is a key element of ICPs Evokes Awareness competency?

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

Answer: A

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 # 70

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

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

Answer: A

Explanation:

The ICF Definition of Coaching centers on "partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential," making client success the coach's primary focus. ICF Competency 8 ("Facilitates Client Growth") underscores supporting clients in achieving their goals. Let's review:

* A. Analyze client emotions: While understanding emotions aids coaching (Competency 6), analyzing them risks crossing into therapy (ICF Coaching Boundaries), and it's not the core focus.

* B. Manage client behaviors: Coaches facilitate, not manage, client actions (ICF Code of Ethics, Section 1), preserving autonomy rather than controlling behavior.

* C. Support client success: This encapsulates ICF's mission and competencies (e.g., Competency 5: "Cultivates Trust and Safety," Competency 8), focusing on empowering clients to succeed.

* D. Understand client mental health: This exceeds coaching's scope, which avoids diagnosing or treating mental health (ICF Code of Ethics, Section 2.5), requiring referral instead.

Option C is most important, reflecting ICF's foundational commitment to client success.

NEW QUESTION # 71

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 worst response is:

- A. Ask the client about what they know about their preferred learning style and enquire whether using a whiteboard would be a good idea.
- B. 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.
- C. 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.
- D. 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.

Answer: C

Explanation:

Comprehensive and Detailed Explanation:

The worst response is C because it dismisses the client's unique learning style and imposes the coach's perspective, violating ICF Core Competency 7, "Evokes Awareness" (7.1), which requires leveraging the client's strengths, not redirecting them to align with the coach's preferences. It also contradicts Competency 4.1, which calls for creating a safe environment tailored to the client's needs, and the ICF Code of Ethics, Section 1, "Responsibility to Clients" (1.1 - Respecting client individuality).

Option A, while not ideal, reflects a boundary-setting choice, though it lacks adaptability. Option B shows effort to accommodate, even if presumptive. Option D is the best, as it partners with the client (Competency 2.2). By contrast, C shuts down the client's process, making it the least aligned with ICF standards.

NEW QUESTION # 72

In which situation should a coach recommend that a client speak with a therapist?

- A. The coach notices the client often seems distracted during sessions
- B. The client says their frequent and intense mood swings are disrupting their life
- C. The coach feels like their guidance has not been helping the client's professional development
- D. The client explains that they have been feeling nervous about an upcoming change at work

Answer: B

Explanation:

The ICF Code of Ethics (Section 2.5) mandates referral when client needs fall outside coaching's scope, such as mental health conditions (ICF Coaching Boundaries). Mood swings disrupting life suggest a clinical issue. Let's review:

A . The coach feels like their guidance has not been helping the client's professional development: This may require coaching adjustments, not therapy (Competency 8).

B . The coach notices the client often seems distracted during sessions: Distraction alone doesn't indicate therapy unless tied to mental health (Competency 6).

C . The client says their frequent and intense mood swings are disrupting their life: This suggests a potential disorder (e.g., bipolar), requiring therapeutic intervention (Section 2.5).

D . The client explains that they have been feeling nervous about an upcoming change at work: Situational nervousness is coachable (Competency 7), not requiring therapy.

Option C justifies a therapy recommendation, per ICF ethics and boundaries.

NEW QUESTION # 73

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

- A. Ask the client how this new insight could impact his/her behavior towards the colleague.
- B. Suggest that this insight could be very useful in changing the client's behavior toward the colleague.
- C. Ask them how they would feel if they were the colleague being treated in this way.
- D. 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.

Answer: D

Explanation:

Comprehensive and Detailed Explanation:

Option A is the worst because it imposes judgment ("unacceptable") and directs the client ("need to change"), violating Competency

4.1 (safe, non-judgmental environment) and Competency 2.2 (partnership). It also breaches Ethics Section 2.2 (avoiding personal bias) and the ICF Definition of Coaching, which emphasizes facilitating, not dictating. Option B invites perspective but isn't harmful. Option C (best, see Question 11) empowers the client. Option D suggests rather than collaborates but isn't judgmental. A most severely undermines the coaching process.

NEW QUESTION # 74

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