

Latest ICF-ACC Test Objectives - ICF-ACC Valid Exam Syllabus



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ICF ICF-ACC Exam Syllabus Topics:

Topic	Details
Topic 1	<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 2	<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 3	<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.

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ICF Associate Certified Coach Sample Questions (Q64-Q69):

NEW QUESTION # 64

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

Answer: C

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 # 65

Which action by a coach most likely fosters a strong coach-client relationship?

- A. Acknowledge the client's unique talents
- B. Encourage the client to complete homework
- C. Offer balanced positive and critical feedback
- D. Provide a high-energy environment

Answer: A

Explanation:

A strong coach-client relationship is built on trust, safety, and mutual respect, as outlined in ICF Competency 5 ("Cultivates Trust and Safety"). Acknowledging the client's unique talents fosters this by validating their strengths and creating a positive, empowering dynamic, consistent with the ICF Definition of Coaching, which emphasizes inspiring clients to maximize their potential. Let's assess the options:

A. Acknowledge the client's unique talents: This aligns with Competency 5 and Competency 7 ("Evokes Awareness") by building confidence and self-awareness. It reflects the ICF ethical principle of honoring the client's individuality (ICF Code of Ethics, Section 1.3), strengthening the relationship through affirmation.

B. Offer balanced positive and critical feedback: While feedback can be constructive, "critical" feedback risks shifting into a directive role, which may erode trust if not handled carefully (ICF Code of Ethics, Section 2.3). It's less foundational to relationship-

building than acknowledgment.

C . Provide a high-energy environment: Energy can enhance engagement, but it's not universally effective and doesn't directly address the relational bond required by ICF Competency 5.

D . Encourage the client to complete homework: This supports goal progress (Competency 8), but it's a technique, not a primary relationship-building action, and could feel directive if overemphasized.

Option A most directly fosters a strong coach-client relationship by aligning with ICF's focus on trust, safety, and client empowerment.

NEW QUESTION # 66

Which is true of the norms, values, and beliefs associated with ethical conduct in coaching?

- A. They are frequently hard to learn.
- **B. They are often unspoken.**
- C. They are a higher standard than laws.
- D. They are consistent across organizations.

Answer: B

NEW QUESTION # 67

Your client is frustrated that she is frustrated. She should have been over this mishap in her work a long time ago. She is talking very negatively about herself: "Why can't I get over this..." The worst response is:

- **A. Tell the client that you like her a lot and that she should not be so negative.**
- B. Remind the client that coaching is forward-looking.
- C. Ask the client if she always is this negative about herself.
- D. Invite a reframe and say that sometimes people become frustrated when something is really important to them-might this be the case here?

Answer: A

Explanation:

Option A is the worst because it introduces the coach's personal feelings ("I like her a lot") and directs the client ("should not be so negative"), violating Competency 2.2 (partnership) and Ethics Section 2.1 (maintaining professional boundaries). It fails to evoke awareness (Competency 7) or respect the client's experience (Ethics 1.1).

Option B is dismissive but forward-focused. Option C may feel judgmental but invites reflection. Option D (best, see Question 7) supports growth. A most egregiously shifts focus to the coach and undermines the process.

References: ICF Core Competencies (2.2, 7); ICF Code of Ethics (1.1, 2.1).

NEW QUESTION # 68

Which action by a coach most likely fosters a strong coach-client relationship?

- **A. Acknowledge the client's unique talents**
- B. Encourage the client to complete homework
- C. Offer balanced positive and critical feedback
- D. Provide a high-energy environment

Answer: A

Explanation:

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* B. Offer balanced positive and critical feedback: While feedback can be constructive, "critical" feedback risks shifting into a directive role, which may erode trust if not handled carefully (ICF Code of Ethics, Section 2.3). It's less foundational to relationship-

