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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.

ICF Associate Certified Coach Sample Questions (Q71-Q76):

NEW QUESTION # 71

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

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

Answer: A

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 # 72

Your session has a few minutes left, and the client has discovered some great new insights and has a good plan of action in place. To close the session in a partnering way, the worst response is:

- A. Inform the client that the time is almost up and ask how they would like to close.
- B. Inform the client that the time is almost up and close the session with some insights gained.
- C. Inform the client that the time is up, but in the last 2 minutes you can summarize the session for the client.
- D. Inform the client that the time is almost up and share what stood out for you as a coach during the session.

Answer: C

Explanation:

Comprehensive and Detailed Explanation:

Option D is the worst because it unilaterally dictates the closure (summarizing) without client input, violating Competency 2.2 (partnership) and Competency 8.2 (collaborative closure). It breaches Ethics Section 2.2 (avoiding imposition) and undermines the client's role in the process.

Option A assumes content but isn't as rigid. Option B focuses on the coach but allows client response. Option C (best, see Question 25) empowers. D most severely disrupts the partnering dynamic.

NEW QUESTION # 73

Nearing the end of a session, your client is still not quite sure what to do about a specific situation. You have the feeling that a similar experience that you have had in the past might be useful for the client. The best response is:

- A. Ask the client if you can tell them a story, and then ask them to share what is relevant in the story.
- B. Tell the client that you have had a similar experience and you know exactly what they should do.
- C. Share your story and list the possible options your client can try.
- **D. Share with the client that you have had a similar experience and enquire if the client would like to hear and see if anything in there may or may not be useful.**

Answer: D

Explanation:

Comprehensive and Detailed Explanation:

Option D adheres to Competency 7.11, "Shares observations, insights, and feelings without attachment," by offering the experience as an option while preserving client autonomy (Competency 8.3). It aligns with Ethics Section 2.2 (non-imposition) and the ICF Definition of Coaching (facilitating, not directing).

Option A is directive, violating Competency 2.2. Option B seeks permission but assumes relevance. Option C shares without consent and suggests solutions, bypassing partnership. D best respects the client's choice and process.

NEW QUESTION # 74

How should a coach proceed if the coach has concerns about a client's mental health but does not believe the client is in immediate danger?

- **A. Share the concerns with the client's closest family member.**
- B. Recommend that the client end coaching to focus on their mental health.
- C. Call emergency services as a precaution.
- D. Consult with a therapist to discuss the client's behavior.

Answer: A

Explanation:

The ICF Code of Ethics (Section 2.5) requires coaches to "refer clients to other professionals when appropriate," such as when mental health concerns arise outside coaching's scope (ICF Coaching Boundaries). If there's no immediate danger, the coach continues within their role while suggesting support. The options provided seem misaligned, so I'll interpret based on ICF standards:
A . Call emergency services as a precaution: This is unnecessary without immediate danger (ICF Code of Ethics, Section 4.3), overstepping the situation described.

B . Consult with a therapist to discuss the client's behavior: This breaches confidentiality without client consent (ICF Code of Ethics, Section 4) and exceeds the coach's role.

C . Share the concerns with the client's closest family member: This also breaches confidentiality unless harm is imminent (ICF Code of Ethics, Section 4.3), making it incorrect here.

D . Recommend that the client end coaching to focus on their mental health: Ending coaching isn't required; the coach can continue within scope while referring out (ICF Definition of Coaching).

NEW QUESTION # 75

Which reflects an ethical violation that would fall under a coach's responsibilities related to practice and performance?

- A. Providing coaching to some clients and consultation to others
- B. Meeting with a sponsor to discuss their role in the coaching process

- C. breaching confidentiality when a client is threatening to harm themselves
- **D. Failing to alert involved parties when there is a conflict of interest**

Answer: D

Explanation:

The ICF Code of Ethics (Section 2, "Responsibility to Practice and Performance") includes obligations to maintain professional integrity, such as disclosing conflicts of interest (Section 3.2: "I will disclose to my clients any conflict of interest"). Failing to do so violates this responsibility. Let's evaluate:

A . Providing coaching to some clients and consultation to others: This is permissible if roles are clear and agreed upon (ICF Code of Ethics, Section 1.2), not an ethical violation.

B . Breaking confidentiality when a client is threatening to harm themselves: This is allowed under Section 4.3 ("to prevent serious harm"), not a violation.

C . Meeting with a sponsor to discuss their role in the coaching process: This is ethical if disclosed in the agreement (Section 1.2), not a violation.

D . Failing to alert involved parties when there is a conflict of interest: This breaches Section 3.2, undermining the coach's responsibility to practice with transparency and integrity.

Option D reflects an ethical violation under "Responsibility to Practice and Performance."

NEW QUESTION # 76

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