

ICF-ACC Associate Certified Coach neueste Studie Torrent & ICF-ACC tatsächliche prep Prüfung



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ICF ICF-ACC Prüfungsplan:

Thema	Einzelheiten
Thema 1	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.
Thema 2	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.
Thema 3	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.

>>> ICF-ACC Fragen Und Antworten <<<

ICF-ACC Studienmaterialien: Associate Certified Coach - ICF-ACC Torrent Prüfung & ICF-ACC wirkliche Prüfung

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ICF Associate Certified Coach ICF-ACC Prüfungsfragen mit Lösungen (Q49-Q54):

49. Frage

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

Antwort: B

Begründung:

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).

50. Frage

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

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

Antwort: A

Begründung:

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.

51. Frage

After your client has shared this pattern and has expressed a desire to change and come up with a plan to implement this change, the worst response is:

- A. Ask the client exactly what they want to do and when.
- B. Discuss the barriers that the client will face in trying to change.
- **C. Share with the client what you think the best next step would be.**
- D. Ask the client how they usually brainstorm or come up with new and fresh ideas.

Antwort: C

Begründung:

Option B is the worst because it imposes the coach's opinion, undermining the client's autonomy (Competency 8.3) and partnership (Competency 2.2). This breaches the ICF Definition of Coaching, which emphasizes client-led solutions, and Ethics Section 2.2 (avoiding bias).

Option A is premature but not inherently harmful. Option C shifts focus negatively, though it's less directive.

Option D (best, see Question 5) empowers the client. B most directly contradicts ICF principles by prioritizing the coach's perspective over the client's.

References: ICF Core Competencies (2.2, 8.3); ICF Code of Ethics (2.2); ICF Definition of Coaching.

52. Frage

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

Antwort: B

Begründung:

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.

References: ICF Core Competencies (2.2, 4.1, 8.1, 8.3); ICF Code of Ethics (1.1, 2.2).

53. Frage

Which statement most accurately describes the benefits of coaching supervision?

- A. Supervision helps coaches connect with and provide progress reports to their clients' managers
- B. Supervision provides instruction on the latest developments in the field and what other coaches are doing
- **C. Supervision helps coaches actively reflect on and seek guidance about their professional experiences**
- D. Supervision provides professional direction and ensures coaches follow applicable laws

Antwort: C

Begründung:

Coaching supervision, per ICF, supports professional development by providing a reflective space for coaches to enhance skills and address challenges (ICF Competency 2: "Embodies a Coaching Mindset"). It's about growth, not oversight. Let's assess:

A. Supervision helps coaches actively reflect on and seek guidance about their professional experiences: This aligns with ICF's view of supervision as a reflective practice for improving competence and self-awareness (Competency 2).

B. Supervision provides professional direction and ensures coaches follow applicable laws: This suggests control, not the developmental focus of ICF supervision.

C. Supervision provides instruction on the latest developments in the field and what other coaches are doing: This is training, not supervision's reflective purpose.

D. Supervision helps coaches connect with and provide progress reports to their clients' managers: This misrepresents supervision, which is coach-focused, not client-reporting.

Option A most accurately describes supervision's benefits, per ICF's framework.

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