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## ICF Associate Certified Coach Sample Questions (Q61-Q66):

### NEW QUESTION # 61

A coach facilitates a client's growth by shifting the client's focus to the

- A. current situation rather than the future outcome
- B. behavior rather than the client's sense of self
- C. problem rather than the opportunity to Build potential
- D. individual self rather than the coaching topic or goal

**Answer: A**

Explanation:

ICF Competency 8 ("Facilitates Client Growth") involves "partnering with the client to transform learning and insight into action," often by focusing on observable behaviors that support goal achievement. Shifting focus to behavior aligns with coaching's action-oriented nature while respecting the client's autonomy (ICF Code of Ethics, Section 1). Let's evaluate:

\* A. Current situation rather than the future outcome: Coaching balances present awareness with future goals (Competency 7), not prioritizing one over the other.

\* B. Individual self rather than the coaching topic or goal: Focusing solely on "self" risks veering into therapy, while coaching targets specific goals (ICF Definition of Coaching).

\* C. Behavior rather than the client's sense of self: This fosters growth by addressing actionable steps rather than identity, aligning with Competency 8 and coaching's practical focus.

\* D. Problem rather than the opportunity to build potential: Coaching emphasizes potential and solutions (ICF Definition of Coaching), not dwelling on problems.

Option C best reflects how a coach facilitates growth, per ICF's competency and ethical framework.

### NEW QUESTION # 62

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

**Answer: B**

Explanation:

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.

### NEW QUESTION # 63

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

- D. 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.

**Answer: A**

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 # 64

Which falls outside of the typical responsibilities of a coach?

- A. Talking a client through a difficult decision
- B. Brainstorming with the client ideas for improving a situation
- C. Asking questions designed to uncover a clients true needs
- D. Helping the client diagnose the signs of a physical condition

**Answer: D**

#### NEW QUESTION # 65

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 best response is:

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

**Answer: A**

Explanation:

Option D aligns with Competency 7, "Evokes Awareness" (7.3 - Offers reframes to shift perspective), by gently encouraging the client to see her frustration in a new light without judgment (Competency 4.1). It fosters curiosity and supports Ethics Section 1.1 (respecting client experience).

Option A is overly personal and directive, breaching Competency 2.2. Option B dismisses the client's current state, missing Competency 6.1 (acknowledges emotions). Option C risks sounding accusatory, undermining trust (Competency 4.1). D best facilitates awareness and growth.

References: ICF Core Competencies (2.2, 4.1, 6.1, 7.3); ICF Code of Ethics (1.1).

#### NEW QUESTION # 66

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