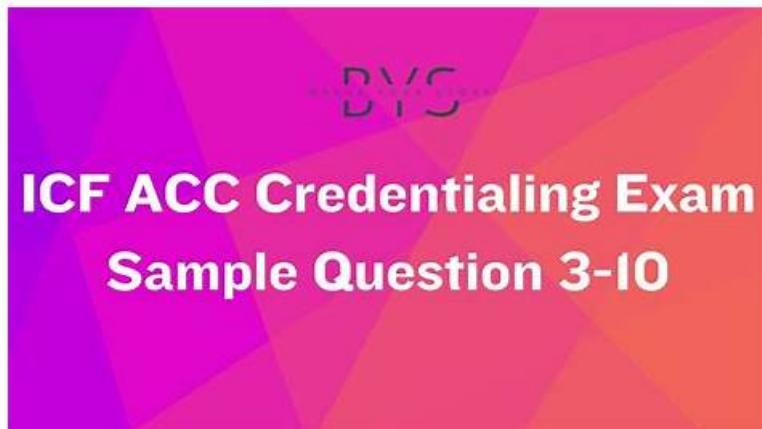


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## Test ICF-ACC Lab Questions: 2026 ICF Realistic Test Associate Certified Coach Lab Questions Pass Guaranteed Quiz

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### ICF ICF-ACC Exam Syllabus Topics:

Topic	Details
Topic 1	<ul style="list-style-type: none"><li>• 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.</li></ul>
Topic 2	<ul style="list-style-type: none"><li>• 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.</li></ul>

Topic 3	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
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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. Say the challenges are likely caused by cultural difference
- **C. Ask what the client believes is at the root of this struggle**
- D. Acknowledge that making friends is difficult and can take time

**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 is the best time for a coach to help a client develop an action plan?

- A. When the coach has several options to share
- B. During the assessment of the client's current goal progress
- **C. Once the goal-setting process is complete**

**Answer: C**

Explanation:

The ICF coaching process emphasizes a structured approach where goal-setting precedes action planning. ICF Competency 8 ("Facilitates Client Growth") involves "partnering with the client to transform learning and insight into action," which occurs after a clear goal is established (ICF Competency 3: "Establishes and Maintains Agreements"). Let's analyze:

A . When the coach has several options to share: This implies the coach directs the plan, contradicting ICF's client-led approach (ICF Code of Ethics, Section 2.3). Action planning follows client goals, not coach suggestions.

B . During the assessment of the client's current goal progress: This assumes a goal exists and progress is being reviewed, which may occur later, not as the initial action plan development. The question implies the best starting point.

C . Once the goal-setting process is complete: This is the optimal time, as a defined goal (Competency 3) provides the foundation for an action plan (Competency 8), ensuring alignment with the client's vision and readiness to act.

Option D aligns with ICF's sequential process of setting goals before planning actions.

### NEW QUESTION # 66

The client asks you to call them every day to make sure they do their homework. The worst 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. Call them-you are a service provider after all.
- D. **Tell the client that this will cost extra.**

**Answer: D**

Explanation:

Option C is the worst because it shifts the coaching relationship into a transactional exchange, undermining Competency 2.2 (partnership) and Ethics Section 2.1 (maintaining professional boundaries). It fails to address autonomy (Competency 8.3) or facilitate growth, contradicting the ICF Definition of Coaching.

Option A is blunt but sets a boundary. Option B risks dependency but meets the request. Option D (best, see Question 15) empowers the client. C most severely misaligns with coaching principles.

References: ICF Core Competencies (2.2, 8.3); ICF Code of Ethics (2.1); ICF Definition of Coaching.

## NEW QUESTION # 67

Which adjectives best reflect the competency Embodies a Coaching Mindset?

- A. **Open curious, and flexible**
- B. Careful, prepared and purposeful
- C. Focused, task-oriented and professional
- D. Decisive, agreeable and observant

**Answer: A**

Explanation:

ICF Competency 2 ("Embodies a Coaching Mindset") describes a coach who is "open to not knowing, curious about the client's perspective, and flexible in adapting to the client's needs." This mindset prioritizes a non-judgmental, exploratory stance over rigidity or task focus. Let's evaluate:

- \* A. Focused, task-oriented, and professional: While professionalism matters, "task-oriented" suggests a directive approach, misaligned with the client-centered curiosity of Competency 2.
- \* B. Decisive, agreeable, and observant: "Decisive" implies control, and "agreeable" may suggest pleasing rather than challenging, both inconsistent with the exploratory nature of a coaching mindset.
- \* C. Careful, prepared, and purposeful: These are positive traits, but "careful" and "prepared" imply caution and structure over the openness and adaptability central to Competency 2.
- \* D. Open, curious, and flexible: These directly reflect Competency 2's emphasis on being receptive, inquisitive, and adaptable, fostering a mindset that supports client growth (ICF Code of Ethics, Section 1).

Option D best captures "Embodies a Coaching Mindset," per ICF's competency definition.

## NEW QUESTION # 68

Which action, if taken by a coach at the end of a session, would most likely help a client continue to make progress?

- A. **Working with the client to develop an action plan that acknowledges support and resource barriers**
- B. Emphasizing some negative outcomes that could occur if the client does not reach their goals
- C. Distributing a survey to assess the client's level of satisfaction with the coaching progress
- D. Sharing literature relevant to the client's goals for them to review before the next coaching session.

**Answer: A**

Explanation:

ICF Competency 8 ("Facilitates Client Growth") focuses on "transforming learning into action" through specific, realistic plans that support ongoing progress. Addressing barriers ensures sustainability (ICF Definition of Coaching). Let's evaluate:

- \* A. Distributing a survey to assess the client's level of satisfaction with the coaching progress: This evaluates the process but doesn't directly drive progress (Competency 8).
- \* B. Working with the client to develop an action plan that acknowledges support and resource barriers: This aligns with Competency 8, empowering the client with a tailored, actionable strategy for continued growth.

\* C. Emphasizing some negative outcomes that could occur if the client does not reach their goals:

Fear-based motivation contradicts ICF's positive, client-led approach (Competency 5).

\* D. Sharing literature relevant to the client's goals for them to review before the next coaching session: This supports learning but lacks the actionable focus of a plan (Competency 8).

Option B most likely helps the client progress, per ICF's growth-focused framework.

## NEW QUESTION # 69

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