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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: 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 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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Test ICF-ACC Tutorials - ICF-ACC Exam Topics

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ICF Associate Certified Coach Sample Questions (Q51-Q56):

NEW QUESTION # 51

Which would most likely lead a client to feel they have less power or influence than the coach in the coaching process?

- A. The client's perceptions of the coach as an expert in coaching
- B. The client's control over the timing of payments to the coach
- C. The coach's tendency to ask more questions than the client
- D. The sponsoring company's willingness to pay for coaching services for the client

Answer: A

NEW QUESTION # 52

Your client has identified a concrete action that they want to implement. To help them understand better what some possible results or learnings could come from this proposed action, the best response is:

- A. Ask questions around possible consequences or results of the implementation of this action.
- B. Give the client an exercise to write down a list of good possible outcomes.
- C. Remind your client that if this action succeeds, life will be much better.
- D. Ask your client to share some thoughts, remind them to think optimistically, and not focus on potential problems.

Answer: A

Explanation:

Option C aligns with Competency 7, "Evokes Awareness" (7.2 - Explores possibilities), by using open-ended questions to deepen the client's understanding without bias, supporting partnership (Competency 2.2) and Ethics Section 1.1 (client-led exploration).

Option A directs the client, missing collaboration. Option B assumes a positive outcome, breaching Competency 7.11 (no attachment). Option D limits exploration by enforcing optimism (Ethics Section 2.2). C best facilitates unbiased reflection.

References: ICF Core Competencies (2.2, 7.2, 7.11); ICF Code of Ethics (1.1, 2.2).

NEW QUESTION # 53

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

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

Answer: A

NEW QUESTION # 54

At the end of the session, the client states that they are quite happy with their new awareness and are ready to leave. The worst response is:

- A. Ask what they would like to work on next time.
- B. Are happy for the client and let them go.
- C. Tell the client that a coaching session is not finished until they have an action plan.
- D. Ask the client whether it might be helpful to explore some actions and accountability measures.

Answer: C

Explanation:

Option C is the worst because it imposes the coach's agenda ("not finished until..."), undermining client autonomy (Competency 8.3) and partnership (Competency 2.2). It violates Ethics Section 2.2 (avoiding bias) and contradicts the ICF Definition of Coaching,

which prioritizes client-driven outcomes over rigid structures.

Option A (best, see Question 13) invites collaboration. Option B lacks depth but respects the client. Option D shifts focus prematurely. C most severely disrupts the coaching dynamic.

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

NEW QUESTION # 55

Which coaching approach most likely fosters an environment of trust and safety?

- A. Evaluating the coach's own performance based on whether or not the client meets their goals
- B. Helping the client learn to prioritize goals that the coach considers as successful
- C. Thinking ahead to anticipate what problems the client is likely to experience
- **D. Exploring multiple perspectives about a client's issue**

Answer: D

Explanation:

ICF Competency 5 ("Cultivates Trust and Safety") involves creating an environment where clients feel supported and respected, often through open exploration (Competency 7: "Evokes Awareness"). Let's assess:

* A. Helping the client learn to prioritize goals that the coach considers as successful: This is coach-driven, undermining trust and autonomy (ICF Code of Ethics, Section 1).

* B. Exploring multiple perspectives about a client's issue: This fosters safety by valuing the client's input and broadening understanding (Competency 5), building trust.

* C. Thinking ahead to anticipate what problems the client is likely to experience: This shifts focus to the coach's agenda, not trust-building (Competency 2).

* D. Evaluating the coach's own performance based on whether or not the client meets their goals:

This prioritizes coach outcomes over client safety (Section 1).

Option B most fosters trust and safety, per ICF's competency framework.

NEW QUESTION # 56

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