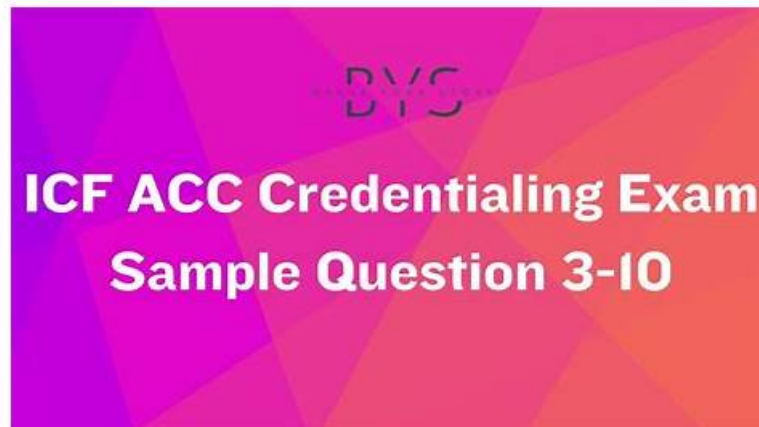


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## ICF ICF-ACC Exam Syllabus Topics:

Topic	Details
Topic 1	<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 2	<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>
Topic 3	<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>

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## ICF Associate Certified Coach Sample Questions (Q78-Q83):

### NEW QUESTION # 78

Your client has shared that he/she is experiencing a similar problem in different areas of his/her life, in the workplace and in their personal life. As you are discussing this with your client, you begin to think that there might be a pattern emerging. The best response is:

- A. Notice the pattern and ask the client if exploring what the connecting factors might be could be a useful next step.
- B. Notice the pattern and suggest that the client change something in order to break the pattern.
- C. Notice the pattern and let your client know that they are deliberately sabotaging themselves by not changing this pattern.
- D. Notice the pattern and offer your client your wisdom in overcoming their difficulty.

**Answer: A**

Explanation:

Option A aligns with ICF Core Competency 7, "Evokes Awareness" (7.2 - Helps the client gain clarity through exploration), by inviting the client to explore the pattern collaboratively without judgment or assumption. This reflects the ICF Code of Ethics, Section 2, "Responsibility to Professionalism" (2.2 - Avoiding imposing personal biases), and Competency 2.2, which emphasizes partnership.

Option B assumes a solution, bypassing client autonomy (Competency 8.3). Option C judges the client, violating Competency 4.1 and Ethics Section 1.1 (non-judgmental stance). Option D shifts to a consulting role, contradicting the ICF Definition of Coaching, which focuses on facilitating client-led discovery, not providing answers. A is the best as it empowers the client to reflect and decide. References: ICF Core Competencies (2.2, 4.1, 7.2, 8.3); ICF Code of Ethics (1.1, 2.2); ICF Definition of Coaching.

### NEW QUESTION # 79

Your client shares that finally, after many months, they are making progress in an area that has been difficult for them. The best response is:

- A. Listen to the client share, and after a few wows, reflect back to the client some of the path they have walked over the past few months, sharing what you respect and admire in the client.
- B. Remind the client that this change has come only because of the coaching and the help that the coach has been giving.
- C. Ask the client why they did not make this progress sooner, as they had a good plan in place, and should've resolved the issue already.
- D. Slam the desk, shouting "YES YES YES" and fist pump the air in celebration of your client and your good work.

**Answer: A**

Explanation:

Option D aligns with Competency 6, "Listens Actively" (6.1 - Reflects client's experience), and Competency 4.1 (creates a safe, supportive environment), by honoring the client's journey and reinforcing their agency. It adheres to Ethics Section 1.1 (respecting client achievements) and avoids taking credit, per Ethics Section 2.2.

Option A may overwhelm or shift focus to the coach. Option B criticizes, undermining trust (Competency 4.1). Option C claims credit, violating Competency 2.2 (partnership). D best celebrates the client's progress collaboratively.

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

### NEW QUESTION # 80

Which adjectives best reflect the competency Embodies a Coaching Mindset?

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

**Answer: B**

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 # 81

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 worst response is:

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

**Answer: B**

Explanation:

Comprehensive and Detailed Explanation:

Option B is the worst because it assumes a positive outcome and imposes the coach's perspective, violating Competency 7.11 (shares without attachment) and Ethics Section 2.2 (avoiding bias). It undermines partnership (Competency 2.2) and limits full exploration (Competency 7.2).

Option A directs but isn't harmful. Option C (best, see Question 17) empowers. Option D restricts scope but isn't as presumptive as B. B most misaligns with ICF standards.

### NEW QUESTION # 82

Nearing the end of a coaching session, the client has a very clear idea of the plan that he/she would like to implement. To help the client identify if they have all the support that they need in moving forward, the worst response is:

- A. Ask the client who will be their support.
- **B. Offer to email the client daily until they have implemented the project.**
- C. Help the client in assessing whether they have any areas that might need more support or still need to be addressed.
- D. Remind the client that two horses pull more weight than one, and they need someone to help them implement their plan.

**Answer: B**

Explanation:

Option A is the worst because it assumes responsibility for the client's progress, undermining autonomy (Competency 8.3) and breaching Ethics Section 2.1 (professional boundaries). It contradicts the ICF Definition of Coaching by fostering dependency. Option B is narrow but not harmful. Option C suggests without partnering. Option D (best, see Question 19) empowers. A most severely misaligns with coaching principles.

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

Below are Questions 21-26 formatted as requested, with 100% verified answers based on official International Coaching Federation (ICF) documents, including the ICF Code of Ethics, Core Competencies, and definitions of coaching boundaries. Each response includes a comprehensive explanation with references.

### NEW QUESTION # 83

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