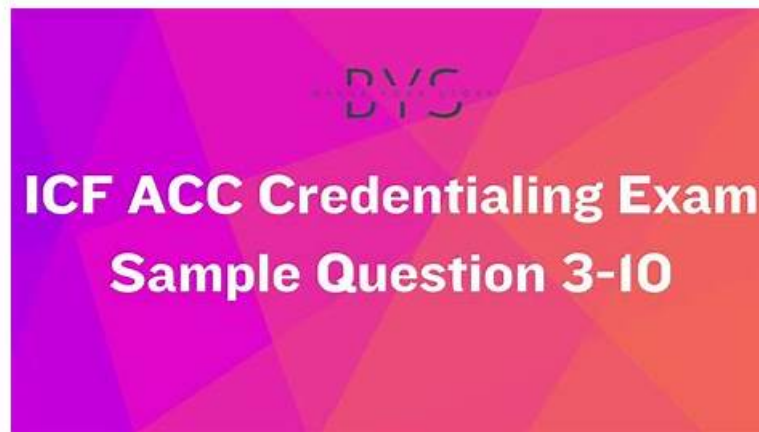


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ICF ICF-ACC Exam Syllabus Topics:

Topic	Details
Topic 1	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	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	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.

>> Exam ICF-ACC Questions <<

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After taking a bird's eye view of applicants' issues, ExamDumpsVCE has decided to provide them with the real ICF-ACC Questions. These ICF ICF-ACC dumps pdf is according to the new and updated syllabus so they can prepare for Associate Certified Coach (ICF-ACC) certification anywhere, anytime, with ease. A team of professionals has made the product of ExamDumpsVCE after much hard work with their complete potential so the candidates can prepare for Associate Certified Coach (ICF-ACC) practice test in a short time.

ICF Associate Certified Coach Sample Questions (Q20-Q25):

NEW QUESTION # 20

Which statement most accurately describes the benefits of coaching supervision?

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

Answer: A

Explanation:

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.

NEW QUESTION # 21

Which type of listening involves attending to the client's words body language and tone at the same time?

- A. Explorative
- B. Basic
- C. Attentive
- **D. Active**

Answer: D

Explanation:

ICF Competency 6 ("Listens Actively") involves "focusing fully on what the client is saying and not saying, understanding the meaning in context," including verbal and non-verbal cues like tone and body language.

Let's evaluate:

* A. Basic: This implies minimal engagement, not attending to multiple cues (below Competency 6).

* B. Attentive: This suggests focus but lacks the depth of interpreting body language and tone (less than Competency 6).

* C. Active: This matches Competency 6, encompassing words, tone, and body language simultaneously.

* D. Explorative: This aligns more with questioning (Competency 7), not listening.

Option C is the type of listening described, per ICF's definition of active listening.

NEW QUESTION # 22

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. Sharing literature relevant to the client's goals for them to review before the next coaching session.
- C. Emphasizing some negative outcomes that could occur if the client does not reach their goals
- D. Distributing a survey to assess the client's level of satisfaction with the coaching progress

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 # 23

A potential client seeks expert advice and information about new markets on which they should focus their business. Which would most likely fit best for this client?

- A. Coaching
- B. Mentoring
- **C. Consulting**
- D. Coaching

Answer: C

Explanation:

The ICF Definition of Coaching focuses on "partnering with clients in a thought-provoking and creative process" to maximize potential, not providing expert advice (ICF Coaching Boundaries). A client seeking "expert advice and information" about markets requires a different approach. Let's analyze:

A . Consulting: Consulting involves delivering expertise and solutions, fitting the client's need for market-specific advice, distinct from coaching's non-directive nature (ICF Code of Ethics, Section 2.3).

B . Coaching: Coaching supports goal-setting and self-discovery, not delivering expert market insights (ICF Definition of Coaching).

C . Coaching: (Duplicate option) Same as B.

D . Mentoring: Mentoring shares experience and guidance, which is closer but less formal and expert-driven than consulting.

Option A (consulting) best fits, as it aligns with the client's need for expertise, outside ICF coaching boundaries.

NEW QUESTION # 24

A coach believes that a client is trying to work on too many goals in too short a period of time. Which approach reflects the best way to address this?

- **A. Invite the client to consider how realistic it is to achieve so many goals that quickly**
- B. Help the client develop a plan to accomplish the goals within the timeframe
- C. Suggest that the client work on the hardest goal until they have more time
- D. Ask the client if they would consider focusing on the hardest goal during coaching

Answer: A

Explanation:

ICF Competency 7 ("Evokes Awareness") and Competency 8 ("Facilitates Client Growth") encourage coaches to help clients assess feasibility and prioritize goals collaboratively, respecting client autonomy (ICF Code of Ethics, Section 1). Let's assess:

A . Invite the client to consider how realistic it is to achieve so many goals that quickly: This reflects Competency 7 by prompting reflection and Competency 8 by guiding toward sustainable progress, maintaining a client-led process.

B . Suggest that the client work on the hardest goal until they have more time: This is directive (ICF Code of Ethics, Section 2.3) and assumes the coach's prioritization, not the client's.

C . Help the client develop a plan to accomplish the goals within the timeframe: This ignores the coach's concern about feasibility, potentially setting the client up for failure, and skips awareness (Competency 7).

D . Ask the client if they would consider focusing on the hardest goal during coaching: While less directive than B, it still narrows focus without first exploring realism, missing the broader awareness step.

Option A is the best approach, aligning with ICF's emphasis on awareness and realistic goal-setting.

NEW QUESTION # 25

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