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ICF ICF-ACC Exam Syllabus Topics:

Topic	Details
Topic 1	<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 2	<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 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.

ICF Associate Certified Coach Sample Questions (Q59-Q64):

NEW QUESTION # 59

Which statement regarding discrimination and coaching is most accurate?

- A. Preventing discrimination from impacting coaching is more an art than a science
- **B. Avoiding discrimination means treating others equally while respecting local customs and rules**
- C. Behaviors that discriminate are expressed consciously intentionally and overtly
- D. Coaches should avoid discussing topics related to discrimination with their clients

Answer: B

NEW QUESTION # 60

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 worst response is:

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

Answer: B

Explanation:

Comprehensive and Detailed Explanation:

Option A is the worst because it introduces the coach's personal feelings ("I like her a lot") and directs the client ("should not be so negative"), violating Competency 2.2 (partnership) and Ethics Section 2.1 (maintaining professional boundaries). It fails to evoke awareness (Competency 7) or respect the client's experience (Ethics 1.1).

Option B is dismissive but forward-focused. Option C may feel judgmental but invites reflection. Option D (best, see Question 7) supports growth. A most egregiously shifts focus to the coach and undermines the process.

NEW QUESTION # 61

How should a coach proceed if the coach has concerns about a client's mental health but does not believe the client is in immediate danger?

- A. Share the concerns with the client's closest family member.
- B. Consult with a therapist to discuss the client's behavior.
- C. Recommend that the client end coaching to focus on their mental health.
- D. Call emergency services as a precaution.

Answer: A

Explanation:

The ICF Code of Ethics (Section 2.5) requires coaches to "refer clients to other professionals when appropriate," such as when mental health concerns arise outside coaching's scope (ICF Coaching Boundaries). If there's no immediate danger, the coach continues within their role while suggesting support. The options provided seem misaligned, so I'll interpret based on ICF standards: A . Call emergency services as a precaution: This is unnecessary without immediate danger (ICF Code of Ethics, Section 4.3), overstepping the situation described.

B . Consult with a therapist to discuss the client's behavior: This breaches confidentiality without client consent (ICF Code of Ethics, Section 4) and exceeds the coach's role.

C . Share the concerns with the client's closest family member: This also breaches confidentiality unless harm is imminent (ICF Code of Ethics, Section 4.3), making it incorrect here.

D . Recommend that the client end coaching to focus on their mental health: Ending coaching isn't required; the coach can continue within scope while referring out (ICF Definition of Coaching).

NEW QUESTION # 62

After making initial progress between sessions, your client is now at a point where they are stuck and feel like they are moving backwards. The best response is:

- A. Ask the client questions about what this is helping them understand or learn about themselves, their process, or the situation.
- B. After hearing the situation, kindly suggest what the client might be learning about being stuck.
- C. Tell the client that they need to stick to their decision and try harder.
- D. Remind the client that they will fail long term if they don't have better support.

Answer: A

Explanation:

Option B aligns with ICF Core Competency 7, "Evokes Awareness" (7.2 - Helps the client explore and gain clarity), by using questions to deepen the client's understanding of their experience. It supports partnership (Competency 2.2) and respects autonomy (Competency 8.3), adhering to Ethics Section 1.1 (client-led process).

Option A directs the client, violating Competency 2.2 and Ethics Section 2.2 (avoiding bias). Option C instills fear and assumes failure, breaching Competency 4.1 (safe environment). Option D suggests rather than explores, missing full collaboration. B best facilitates self-discovery and growth.

References: ICF Core Competencies (2.2, 4.1, 7.2, 8.3); ICF Code of Ethics (1.1, 2.2).

NEW QUESTION # 63

After making initial progress between sessions, your client is now at a point where they are stuck and feel like they are moving backwards. The worst response is:

- A. Remind the client that they will fail long term if they don't have better support.
- B. Ask the client questions about what this is helping them understand or learn about themselves, their process, or the situation.
- C. After hearing the situation, kindly suggest what the client might be learning about being stuck.
- D. Tell the client that they need to stick to their decision and try harder.

Answer: A

Explanation:

Option C is the worst because it uses fear-based language ("will fail") and assumes a need for support, violating Competency 4.1

(safe, non-judgmental environment) and Ethics Section 2.2 (avoiding bias). It undermines partnership (Competency 2.2) and the ICF Definition of Coaching by imposing the coach's narrative.

Option A directs but isn't as threatening. Option B (best, see Question 21) empowers. Option D suggests but remains gentle. C most severely disrupts trust and autonomy.

References: ICF Core Competencies (2.2, 4.1); ICF Code of Ethics (2.2); ICF Definition of Coaching.

NEW QUESTION # 64

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