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Coach-specific training hours	Depends on student-contact hours. But you have to complete entire program	60	60
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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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New Release ICF-ACC Dumps [2026] - ICF ICF-ACC Exam Questions

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ICF Associate Certified Coach Sample Questions (Q74-Q79):

NEW QUESTION # 74

Which goal is best addressed through coaching rather than psychotherapy?

- A. Developing a vision and goals for a new department within the company
- B. Improving memory and concentration after experiencing a series of strokes
- C. Managing excessive feelings of worry that interfere with all aspects of life
- D. Learning to manage angry outbursts at work and at home

Answer: A

NEW QUESTION # 75

What is the first step a coach should take after discovering another coach has misrepresented their level of training to a client?

- A. Report the misconduct to ICF
- B. Speak with the coach's client about the misinformation
- C. Communicate with the coach about their possible ethical violation
- D. Discuss the issue with a supervising coach

Answer: C

Explanation:

The ICF Code of Ethics (Section 5.1) encourages coaches to "resolve conflicts or potential ethical violations directly with those involved when feasible" before escalating to formal reporting. Misrepresenting training violates Section 2.1 ("I will accurately represent my qualifications"), and the first step is typically a professional conversation to address it. Let's analyze:

A . Discuss the issue with a supervising coach: This assumes a supervisory structure that may not exist, and it bypasses direct resolution, which ICF prioritizes.

B . Communicate with the coach about their possible ethical violation: This aligns with ICF's ethical process of addressing concerns collegially first, fostering accountability while respecting due process (ICF Code of Ethics, Section 5).

C . Speak with the coach's client about the misinformation: This breaches confidentiality and professionalism (ICF Code of Ethics, Section 4) and oversteps the coach's role.

D . Report the misconduct to ICF: Reporting is appropriate if direct resolution fails or the violation is severe, but it's not the first step per ICF's Ethical Conduct Review Policy.

Option B is the correct first step, reflecting ICF's ethical approach to resolving potential violations.

NEW QUESTION # 76

Which is typically specified as a responsibility of the coach in a coaching agreement?

- A. Describing the services the coach will provide to the client
- B. Determining what information is considered confidential
- C. Clarifying the conditions under which the coaching goals should change
- D. Specifying how long the coaching relationship will last

Answer: D

Explanation:

The ICF Code of Ethics (Section 1.1) mandates that coaches "create an agreement/contract regarding the roles, responsibilities, and rights of all parties involved" before beginning a coaching relationship. A key responsibility of the coach in this agreement is to clearly outline the nature and scope of services provided, ensuring transparency and alignment with the client's expectations (ICF Competency 3: "Establishes and Maintains Agreements"). Let's evaluate the options:

* A. Describing the services the coach will provide to the client: This is explicitly required by ICF standards. The coaching agreement must detail what coaching entails (e.g., frequency, format, process), distinguishing it from other services like consulting or therapy (ICF Code of Ethics, Section 1.2). This fosters trust and clarity, per Competency 5 ("Cultivates Trust and Safety").

* B. Determining what information is considered confidential: While confidentiality is critical (ICF Code of Ethics, Section 4), it is a mutual understanding shaped by legal and ethical standards, not solely the coach's responsibility to "determine." It's typically addressed jointly in the agreement.

* C. Clarifying the conditions under which the coaching goals should change: Goal-setting is a collaborative process (ICF Competency 3), and while conditions for change may be discussed, this is not typically specified as the coach's unilateral responsibility in the agreement.

* D. Specifying how long the coaching relationship will last: Duration may be included in the agreement, but it's not universally required and often depends on client needs or mutual agreement, making it less fundamental than describing services.

Option A is the most accurate, as it reflects the coach's core responsibility under ICF guidelines to define the coaching services explicitly in the agreement.

NEW QUESTION # 77

If a client shares that they have been struggling to sleep for over a month, which would be the best action for the coach to take?

- A. Ask the client if they have considered seeking help from a mental health professional
- B. Suggest that the client consider relaxation techniques to improve their sleep
- C. Ask the client whether they want to change their coaching goals to focus on this challenge
- D. Suggest that the client share what possible worries may be keeping them awake

Answer: C

NEW QUESTION # 78

After establishing a goal which is likely to be the best step for the client and coach to take next?

- A. Reflect on what the client has done to help or hinder them in achieving their goal
- B. Select an approach the coach recommends to achieving their goal
- C. Identify the obstacles that would lead the client to change their goal
- D. Develop a plan for keeping the goal confidential until it is achieved

Answer: A

Explanation:

After establishing a goal, the ICF coaching process emphasizes evoking awareness and facilitating growth (ICF Core Competencies 7 and 8). Reflecting on past actions aligns with this by helping the client gain insight into their strengths, patterns, and obstacles-key steps in creating an effective plan. Let's break down the options:

A . Identify the obstacles that would lead the client to change their goal: While identifying obstacles is valuable, suggesting the client might "change their goal" prematurely contradicts ICF's focus on client autonomy and commitment to the agreed goal (ICF Competency 3). This step is less immediate than reflection.

B . Select an approach the coach recommends to achieving their goal: Coaches do not "recommend" solutions; they facilitate the client's own strategies (ICF Code of Ethics, Section 2.3: "I will not give my clients advice unless specifically agreed upon"). This option misaligns with ICF's client-led approach.

C . Reflect on what the client has done to help or hinder them in achieving their goal: This step aligns with Competency 7 ("Evokes Awareness"), where the coach uses powerful questioning to help the client assess their current reality and past efforts. It builds a foundation for action planning (Competency 8), respecting the client's autonomy and fostering self-discovery.

D . Develop a plan for keeping the goal confidential until it is achieved: Confidentiality pertains to the coach-client relationship (ICF Code of Ethics, Section 4), not the goal itself. This is irrelevant to the coaching process and not a typical next step.

Option C is the best next step, as it reflects ICF's emphasis on awareness and growth as immediate follow-ups to goal-setting, per its competencies and ethical framework.

NEW QUESTION # 79

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