# ICF-ACC Real Exam, ICF-ACC Exam Score

Key Highlights/Features	Current Credential Exam for ACC	New ACC Exam
Timeline	Available till March 14, 2025	From November 18, 2024
	Candidates can choose to take either existing Credential Exam or the new ACC Exam between Nov 18, 2024 to Mar 14, 2025.	
Number of questions	156 MCQ	60 MCQ
Exam time	3 hours including 10 mins break	1.5 hours (90 mins) including 10 mins break
Question format	Situational judgment questions	Knowledge-based questions
Passing Score	460	460
	Scale range of possible scores between 200 to 600	
Retake Fee	\$105 USD	\$105 USD

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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.

#### >> ICF-ACC Real Exam <<

# **Top ICF-ACC Real Exam | Reliable ICF-ACC Exam Score: Associate Certified Coach**

As is known to us, a suitable learning plan is very important for all people. For the sake of more competitive, it is very necessary for you to make a learning plan. We believe that the Software version of our ICF-ACC actual exam will help you make a good learning plan which is a model test in limited time simulating the Real ICF-ACC Exam, if you finish the model ICF-ACC test, our system will

## ICF Associate Certified Coach Sample Questions (Q17-Q22):

#### **NEW QUESTION #17**

Which sentence best describes the coaching process?

- · A. Providing wisdom to individuals teams and organizations
- B. Creating customized solutions that meet clients' needs
- C. Improving well-being by working with the client on their issues
- D. Supporting change through collaboration and facilitation

#### Answer: D

#### Explanation:

The ICF defines coaching as a collaborative partnership where the coach facilitates a process to help clients achieve their goals (ICF Definition of Coaching). The sentence "Supporting change through collaboration and facilitation" best captures this essence, aligning with the ICF Core Competencies and ethical guidelines. Specifically:

Collaboration: ICF Competency 2 ("Embodies a Coaching Mindset") and Competency 5 ("Cultivates Trust and Safety") emphasize a partnership where the coach and client co-create the process. The ICF Code of Ethics (Section 1.3) reinforces this by requiring coaches to "honor the client's autonomy," highlighting the collaborative nature of coaching.

Facilitation: Competency 7 ("Evokes Awareness") and Competency 8 ("Facilitates Client Growth") describe the coach's role in guiding clients to insights and actions through questioning and exploration, rather than directing or solving problems for them. This aligns with the ICF's boundary that coaching is not about providing answers but facilitating client-driven change (ICF Coaching Boundaries).

Supporting change: The ultimate aim of coaching, as per ICF, is to inspire and support clients in maximizing their potential, often through transformative shifts in perspective or behavior (ICF Definition of Coaching).

Analysis of other options:

- A . Providing wisdom to individuals, teams, and organizations: This suggests a directive approach, which contradicts ICF's non-advisory stance (ICF Code of Ethics, Section 2.3: "I will not give my clients advice unless specifically agreed upon"). Coaching is not about imparting wisdom but enabling clients to find their own solutions.
- C . Improving well-being by working with the client on their issues: While well-being may improve, this phrasing implies a therapeutic focus on "issues," which crosses into counseling and exceeds coaching's scope (ICF Coaching Boundaries).
- D . Creating customized solutions that meet clients' needs: Coaches do not "create solutions" for clients; they facilitate clients in discovering their own solutions, per Competency 8 and the ICF ethical principle of client autonomy (ICF Code of Ethics, Section 1). Thus, "Supporting change through collaboration and facilitation" is the most accurate description of the coaching process, as verified by ICF standards.

#### **NEW QUESTION #18**

Which response reflects active listening to a client who claims to be struggling?

- A. Asking to share a suggestion while the client is speaking to demonstrate the urgency of the issue
- B. Relating to the client's struggles by mentioning similar struggles the coach has experienced
- C. Allowing the client to direct the discussion while the coach asks questions to learn more
- D. Letting the client know the coach is listening and would like to share some recommendations

#### Answer: C

#### Explanation:

ICF Competency 6 ("Listens Actively") involves "focusing fully on what the client is saying and not saying, understanding the meaning in context, and demonstrating that the client is heard." It prioritizes client-led dialogue and clarification over coach input. Let's assess:

- A. Asking to share a suggestion while the client is speaking to demonstrate the urgency of the issue: Interrupting shifts focus to the coach, undermining active listening (Competency 6).
- B. Relating to the client's struggles by mentioning similar struggles the coach has experienced: This risks redirecting attention to the coach, not fully hearing the client (ICF Code of Ethics, Section 1).
- C . Allowing the client to direct the discussion while the coach asks questions to learn more: This embodies Competency 6 by keeping the client central, using questions to deepen understanding and reflect listening.
- D. Letting the client know the coach is listening and would like to share some recommendations: Offering recommendations shifts to action (Competency 8), not pure active listening.
- Option C best reflects active listening, per ICF's competency standards.

#### **NEW QUESTION #19**

After your client has shared this pattern and has expressed a desire to change and come up with a plan to implement this change, the best response is:

- A. Discuss the barriers that the client will face in trying to change.
- B. Ask the client exactly what they want to do and when.
- C. Ask the client how they usually brainstorm or come up with new and fresh ideas.
- D. Share with the client what you think the best next step would be.

#### Answer: C

#### Explanation:

Option D aligns with ICF Competency 7, "Evokes Awareness" (7.4 - Helps client explore possibilities), by inviting the client to tap into their creative process, fostering autonomy (Competency 8.3). It respects the client's pace and style, per Ethics Section 1.1, and builds on their strengths.

Option A rushes to action without exploration, potentially pressuring the client (Competency 6.3 - Attuned pacing). Option B imposes the coach's view, violating Competency 2.2. Option C focuses on barriers too early, which could derail momentum (Competency 8.1 - Integrates new learning first). D best supports the client's self-discovery and planning process. References: ICF Core Competencies (2.2, 6.3, 7.4, 8.1, 8.3); ICF Code of Ethics (1.1).

#### **NEW QUESTION #20**

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

#### Answer: C

#### 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 #21**

Your client is a very creative person who thinks in pictures and learns visually. You, as a coach, are not naturally visual. In order to encourage and facilitate your client's learning, the best response is:

- A. Bring a whiteboard into the coaching session where you and the client can use the space to draw pictures, connections, or add any visual aids that might encourage your client's learning.
- B. Ask the client about what they know about their preferred learning style and enquire whether using a whiteboard would be a good idea.
- C. Tell your client that you are not able to work with them, as you are not a visual and creative person, therefore not a good coaching match.
- D. Let your client know that to solve problems it is more important to be rational and to approach the problem from a more sensible point of view.

#### Answer: B

#### Explanation:

The ICF Core Competency 4, "Cultivates Trust and Safety," emphasizes adapting to the client's needs to create a supportive environment (ICF Core Competencies, 4.1). Additionally, Competency 6, "Listens Actively," requires coaches to be attuned to the

client's way of processing information (6.2). Option D aligns with these principles by demonstrating curiosity and partnership. Asking the client about their preferred learning style respects their autonomy and ensures the coach does not assume what works best, which is a key aspect of the ICF Code of Ethics, Section 4, "Responsibility to Practice and Performance" (4.1 - Adapting to client needs).

Option A violates the ethical principle of non-discrimination and fails to adapt to the client's needs, potentially undermining trust. Option B assumes the whiteboard is the solution without client input, which does not fully partner with the client (Competency 2.2 - Partnership). Option C dismisses the client's visual learning style, contradicting Competency 7, "Evokes Awareness," which encourages leveraging the client's strengths (7.1). Thus, D is the best response as it fosters collaboration and tailors the approach to the client's preferences.

References: ICF Core Competencies (4.1, 6.2, 7.1); ICF Code of Ethics (Section 4.1).

#### **NEW QUESTION #22**

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