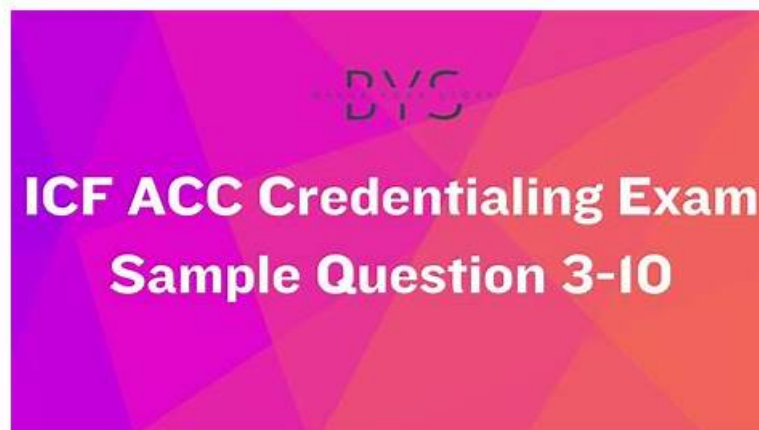


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ICF ICF-ACC Exam Syllabus Topics:

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: 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.
Topic 3	<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.

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

NEW QUESTION # 74

Which action, if taken by a coach at the end of a session, would most likely help a client continue to make progress?

- A. Emphasizing some negative outcomes that could occur if the client does not reach their goals
- **B. Working with the client to develop an action plan that acknowledges support and resource barriers**
- C. Sharing literature relevant to the client's goals for them to review before the next coaching session.
- D. Distributing a survey to assess the client's level of satisfaction with the coaching progress

Answer: B

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 # 75

At the end of the session, the client states that they are quite happy with their new awareness and are ready to leave. The worst response is:

- **A. Tell the client that a coaching session is not finished until they have an action plan.**
- B. Ask what they would like to work on next time.
- C. Are happy for the client and let them go.
- D. Ask the client whether it might be helpful to explore some actions and accountability measures.

Answer: A

Explanation:

Comprehensive and Detailed Explanation:

Option C is the worst because it imposes the coach's agenda ("not finished until..."), undermining client autonomy (Competency 8.3) and partnership (Competency 2.2). It violates Ethics Section 2.2 (avoiding bias) and contradicts the ICF Definition of Coaching, which prioritizes client-driven outcomes over rigid structures.

Option A (best, see Question 13) invites collaboration. Option B lacks depth but respects the client. Option D shifts focus prematurely. C most severely disrupts the coaching dynamic.

NEW QUESTION # 76

During the coaching session, a client has a new and very clear insight about the way that they have been treating a colleague. The worst response is:

- A. Ask the client how this new insight could impact his/her behavior towards the colleague.
- **B. Tell them that the way they have been treating the colleague is unacceptable, and they need to change if they want to be a better person.**
- C. Suggest that this insight could be very useful in changing the client's behavior toward the colleague.
- D. Ask them how they would feel if they were the colleague being treated in this way.

Answer: B

Explanation:

Option A is the worst because it imposes judgment ("unacceptable") and directs the client ("need to change"), violating Competency 4.1 (safe, non-judgmental environment) and Competency 2.2 (partnership). It also breaches Ethics Section 2.2 (avoiding personal bias) and the ICF Definition of Coaching, which emphasizes facilitating, not dictating.

Option B invites perspective but isn't harmful. Option C (best, see Question 11) empowers the client. Option D suggests rather than collaborates but isn't judgmental. A most severely undermines the coaching process.

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

NEW QUESTION # 77

The client asks you to call them every day to make sure they do their homework. The worst response is:

- A. Help the client think about ways he/she could remind him/herself.
- B. Reject that demand-you are not the client's nanny.
- C. Call them-you are a service provider after all.
- **D. Tell the client that this will cost extra.**

Answer: D

Explanation:

Comprehensive and Detailed Explanation:

Option C is the worst because it shifts the coaching relationship into a transactional exchange, undermining Competency 2.2 (partnership) and Ethics Section 2.1 (maintaining professional boundaries). It fails to address autonomy (Competency 8.3) or facilitate growth, contradicting the ICF Definition of Coaching.

Option A is blunt but sets a boundary. Option B risks dependency but meets the request. Option D (best, see Question 15) empowers the client. C most severely misaligns with coaching principles.

NEW QUESTION # 78

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

- A. Relating to the client's struggles by mentioning similar struggles the coach has experienced
- B. Asking to share a suggestion while the client is speaking to demonstrate the urgency of the issue
- **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.

NEW QUESTION # 79

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