

ACC Practice Test Questions and Answers

1. 'Bracketing' in coaching refers to:

- A) Summarizing key themes at the end of a session
- B) Setting aside the coach's assumptions and agenda to focus on the client
- C) Writing session notes in brackets for reference
- D) Using structured frameworks during the session

2. What is reflective listening in coaching?

- A) Only repeating the client's words verbatim.
- B) Ignoring the client's emotional state.
- C) Summarizing or paraphrasing to ensure understanding.
- D) Asking follow-up questions immediately.

3. How can a coach promote growth in a client?

- A) By providing simple solutions.
- B) By promoting comfort and avoiding challenges.
- C) By encouraging the client to challenge their beliefs and set goals.
- D) By doing all the work for the client.

4. How can a coach build rapport with a client?

- A) By using technical jargon to demonstrate expertise.
- B) By showing interest and respect for the client.
- C) By dominating the conversation.
- D) By keeping a strict formal distance.

Answers: 1-B 2-C 3-C 4-B

For More ACC Questions and Answers FREE, ACC Online Prep Training,
ACC Exam, ACC Study Guide, ACC Flashcards, ACC Quizzes visit:

ACC Practice Test