

# CLC Practice Test Questions and Answers

## 1. Why is confidentiality important in coaching?

- A) To gather testimonials
- B) To promote the coach's services
- C) To establish coaching credentials
- D) To build trust and protect client privacy

## 2. What is a benefit of goal tracking in coaching?

- A) Encourages competition
- B) Highlights mistakes
- C) Reinforces progress and momentum
- D) Decreases motivation

## 3. What does informed consent in coaching include?

- A) Details about competitor analysis
- B) Permission to record sessions only
- C) Client goals and achievements
- D) Purpose, confidentiality, and agreement terms

## 4. Which coaching strategy increases accountability?

- A) Suggest vague ideas
- B) Allow full client independence
- C) Create specific action plans
- D) Avoid follow-up conversations

**Answers: 1-D 2-C 3-D 4-C**

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