

BCC Practice Test Questions and Answers

1. Which of the following is a key coaching skill?

- A) Active listening
- B) Directing conversations
- C) Telling clients what to do
- D) Providing step-by-step solutions

2. What is the goal of using SMART goals in coaching?

- A) To provide complex goals for the client
- B) To ensure goals are specific, measurable, achievable, relevant, and time-bound
- C) To let clients set goals without guidance
- D) To limit the number of goals a client can set

3. Why is establishing boundaries important in coaching?

- A) To control the client's actions
- B) To maintain a professional relationship and prevent conflicts of interest
- C) To limit the client's options
- D) To extend coaching sessions indefinitely

4. What should a coach do if a conflict of interest arises?

- A) Ignore the conflict if it benefits the coach
- B) Disclose the conflict of interest to the client and take necessary action
- C) Continue coaching as usual without informing the client
- D) Ask the client to ignore the conflict

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

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