

CELC Practice Test Questions and Answers

1. How does providing feedback help in coaching?

- A) To reinforce positive behavior and correct mistakes
- B) To maintain control over the coachee's development
- C) To focus solely on their weaknesses
- D) To evaluate their progress based on external standards

2. What is the role of self-reflection for a coach?

- A) To improve their coaching style by reflecting on past mistakes
- B) To enhance their skills through self-awareness and evaluation
- C) To focus on client feedback only
- D) To analyze the personal life of the coachee

3. What is the role of empathy in effective coaching?

- A) To maintain a professional distance
- B) To understand the coachee's emotions and build trust
- C) To offer solutions quickly
- D) To avoid conflict during the sessions

4. Why is goal-setting crucial in the coaching process?

- A) It makes the coaching process more structured
- B) It helps the coachee take actionable steps toward achieving objectives
- C) It defines the roles of the coach and coachee
- D) It reduces the need for coaching sessions

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

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