

Certified Professional Co Active Coach Practice Test Questions and Answers

1. What is the foundational principle of the Co-Active coaching model?

- A) The coach is the expert who provides all the answers
- B) The client is naturally creative, resourceful, and whole
- C) Coaching focuses solely on achieving specific business outcomes
- D) The coach should direct all conversations and decisions

2. Which of the four cornerstones of Co-Active coaching emphasizes the importance of staying present with the client?

- A) People are naturally creative, resourceful, and whole
- B) Dance in this moment
- C) Focus on the whole person
- D) Hold the client's agenda

3. What is the primary purpose of using Level II listening in Co-Active coaching?

- A) To focus entirely on the coach's own thoughts and responses
- B) To listen with focused attention on the client and their world
- C) To listen only for specific predetermined outcomes
- D) To listen while multitasking and thinking about other things

4. Which coaching context in the Co-Active model focuses on helping clients discover their life purpose and values?

- A) Fulfillment context only
- B) Balance context (Fulfillment and Process)
- C) Process context only
- D) None of the contexts address life purpose

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

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