

IAHC Practice Test Questions and Answers

1. What is the primary goal of health coaching?

- A) To diagnose medical conditions
- B) To empower clients to achieve their health and wellness goals
- C) To prescribe medications and treatments
- D) To provide mental health therapy

2. In IAHC coaching communication, 'sustain talk' refers to:

- A) Clients explaining why they want to sustain current progress
- B) Client language that argues for maintaining the status quo and not changing
- C) Long-term maintenance strategies discussed in advanced coaching
- D) Coaches encouraging clients to sustain motivation over time

3. An IAHC coach experiencing personal burnout should first:

- A) Continue working at full capacity to honor client commitments
- B) Seek support, supervision, or reduce caseload before it affects client care
- C) Immediately cancel all client sessions without explanation
- D) Stop coaching permanently and return certification

4. In IAHC coaching, 'reflective listening' involves the coach:

- A) Paraphrasing and mirroring the client's words to show understanding and deepen insight
- B) Writing down everything the client says verbatim
- C) Offering solutions immediately after the client finishes speaking
- D) Asking closed questions to confirm factual details

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

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