

Life Coaching Practice Test Questions and Answers

1. What does ICF stand for?

- A) International Coaching Federation
- B) Internal Coaching Federation
- C) International College Federation
- D) None of the above

2. What does the PERMA model stand for?

- A) Purpose, Empathy, Resilience, Meaning, Achievement
- B) Positive emotions, Engagement, Relationships, Meaning, Accomplishment
- C) Performance, Energy, Resources, Mindset, Action
- D) Potential, Empowerment, Reflection, Motivation, Accountability

3. What is 'self-sabotage' in coaching terms?

- A) When a coach undermines their own business
- B) Unconscious behaviors or thought patterns that undermine the client's progress toward their own stated goals
- C) When a client deliberately fails to progress
- D) A technical failure in coaching software

4. What is 'informed consent' in life coaching?

- A) The client agrees to pay the coach's fees
- B) The client is fully informed about the coaching process, boundaries, confidentiality, and their rights before starting
- C) The coach informs the client about their credentials
- D) The client consents to sharing their data with third parties

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

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