

NLP Practice Test Questions and Answers

1. What is self-efficacy?

- A) Doubt in abilities.
- B) Confidence to succeed
- C) Ignoring tasks.
- D) Avoiding effort.

2. What is a growth mindset?

- A) Fixed intelligence.
- B) Ability to grow
- C) Avoiding challenges.
- D) Ignoring feedback.

3. What is rapport in coaching?

- A) A distant relationship.
- B) Trust and connection
- C) Ignoring client needs.
- D) Controlling the client.

4. What is 'rapport' in NLP coaching?

- A) Ignoring client needs.
- B) Building trust
- C) Giving orders.
- D) Avoiding eye contact.

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

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