

BOARD CERTIFIED COACHING PRACTICE EXAM (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. Which inquiry method engages the client to visualize success in coaching?**
 - A. The Scaling Question
 - B. The Problem Description
 - C. The Miracle Question
 - D. The Action Plan
- 2. In what way does asking probing questions help the client?**
 - A. By clarifying vague statements
 - B. By limiting the scope of the conversation
 - C. By restating what has already been discussed
 - D. By prompting deeper thinking and detailed responses
- 3. Which of the following components is part of the OSKAR coaching model?**
 - A. Objectives
 - B. Scale
 - C. Review
 - D. All of the above
- 4. Which of the following is the process of stimulating thinking in the RISE model?**
 - A. Introspect
 - B. Evaluate
 - C. Result
 - D. Assess
- 5. What does the term "generative moment" refer to in coaching?**
 - A. A time of crisis requiring immediate action
 - B. A collaborative opportunity to explore the client's interests
 - C. A session focused on technical skills
 - D. A moment of intensive analysis
- 6. What is an essential aspect of demonstrating compassion in coaching?**
 - A. Showing sympathy and concern for the client's challenges
 - B. Providing solutions regardless of the client's input
 - C. Minimizing the client's feelings for the sake of progress
 - D. Offering advice immediately

- 7. What is the main purpose of making links in coaching?**
- A. To enhance performance through techniques
 - B. To name experiences and form a coherent identity
 - C. To create a structured coaching plan
 - D. To define specific goals for the coachee
- 8. What is a characterizing feature of coaching in relation to addiction?**
- A. It primarily focuses on the past
 - B. It emphasizes fixing the client's dysfunction
 - C. It aims to co-create a better life for the client
 - D. It involves only behavioral modifications
- 9. Which psychologist is known for insights into women's development and behavior differences from men?**
- A. Daniel Levinson
 - B. Robert Kegan
 - C. Carol Gilligan
 - D. Sigmund Freud
- 10. What does the DISC assessment primarily measure?**
- A. Creativity, teamwork, and vision
 - B. Dominance, influence, steadiness, and conscientiousness
 - C. Emotional intelligence and problem-solving
 - D. Adaptability, resilience, and motivation

Answers

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1. C
2. D
3. D
4. A
5. B
6. A
7. B
8. C
9. C
10. B

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Explanations

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1. Which inquiry method engages the client to visualize success in coaching?

- A. The Scaling Question
- B. The Problem Description
- C. The Miracle Question**
- D. The Action Plan

The Miracle Question is an effective inquiry method that prompts clients to visualize their ideal outcome or success in coaching. By asking clients to imagine what their life would look like if a miracle occurred overnight and resolved their challenges, it encourages them to articulate their dreams and aspirations in a vivid and concrete way. This method not only helps clients clarify their goals but also fosters motivation and optimism by allowing them to envision a desired future where obstacles have been removed. Visualization is a powerful tool in coaching, as it helps clients build a positive mental image of their success, which can enhance their commitment to the coaching process and empower them to take actionable steps towards achieving that vision. This technique also supports clients in identifying specific changes or outcomes they truly desire, paving the way for actionable plans and strategies. Other methods, while valuable in different contexts, do not primarily focus on visualization of success. The Scaling Question assists clients in assessing their current status regarding specific goals; the Problem Description relates to identifying and articulating challenges; and the Action Plan centers on developing steps to achieve goals rather than visualizing the outcome itself.

2. In what way does asking probing questions help the client?

- A. By clarifying vague statements
- B. By limiting the scope of the conversation
- C. By restating what has already been discussed
- D. By prompting deeper thinking and detailed responses**

Asking probing questions is a critical skill in coaching, as it prompts deeper thinking and encourages clients to articulate their feelings, beliefs, and motivations more clearly. This approach allows clients to explore their thoughts on a more profound level, facilitating self-discovery and insight. When a coach employs probing questions, it creates an opportunity for the client to reflect on their experiences and motivations, which can lead to more meaningful discussions and ultimately contribute to their personal growth and understanding. Probing questions encourage clients to delve into the specifics of their issues, clarify their values, and consider alternatives. This level of exploration can help clients uncover new perspectives and come to realizations that they may not have accessed through surface-level conversation. As a result, the coaching process becomes richer and more productive, empowering clients to gain clarity on their goals and challenges. In contrast, options that suggest limiting conversation, restating past discussions, or merely clarifying vague statements do not achieve the same level of depth or engagement in the coaching dialogue.

3. Which of the following components is part of the OSKAR coaching model?

- A. Objectives
- B. Scale
- C. Review
- D. All of the above**

The OSKAR coaching model is a structured framework used in coaching that helps both the coach and the client navigate through the process of setting goals and achieving desired outcomes. Each component of the OSKAR model has a specific purpose and helps ensure that the coaching sessions are effective and productive. In this model: - Objectives refer to the goals that the client wants to achieve during the coaching process. This step is essential as it clarifies the client's intentions and aspirations. - Scale involves assessing the client's current situation and their progress towards the objectives. It helps measure the effectiveness of the coaching and provides a way to visualize progress. - Review is the component where both the coach and the client reflect on the coaching sessions, evaluate what has been learned, and make any necessary adjustments to the approach or objectives. All components within the OSKAR model are integral to its effectiveness, making it crucial for coaches to incorporate each element into their practice. This comprehensive approach allows for a deeper exploration of the client's goals and progress, leading to more meaningful outcomes.

4. Which of the following is the process of stimulating thinking in the RISE model?

- A. Introspect**
- B. Evaluate
- C. Result
- D. Assess

The RISE model emphasizes the importance of stimulating thinking as a key component to enhance learning and development processes. In this context, "Introspect" refers to the act of examining one's own thoughts, feelings, and motivations, which can lead to deeper understanding and enhanced personal awareness. This self-reflection is crucial for fostering critical thinking and encourages individuals to explore their internal narratives, beliefs, and assumptions. By engaging in introspection, individuals become more aware of their thought patterns, which can promote meaningful insights and spur innovative ideas. This process of self-examination lays the groundwork for further exploration and learning, ensuring that individuals can develop strategies for personal growth or problem-solving effectively. The other options do relate to various forms of evaluation or assessment but are not specifically focused on stimulating internal thought processes. While "Evaluate," "Result," and "Assess" each encompass important aspects of the learning or coaching journey, they do not capture the essence of introspection, which is fundamentally about encouraging deep personal reflection and stimulating cognitive engagement.

5. What does the term "generative moment" refer to in coaching?

- A. A time of crisis requiring immediate action
- B. A collaborative opportunity to explore the client's interests**
- C. A session focused on technical skills
- D. A moment of intensive analysis

The term "generative moment" in coaching refers to a collaborative opportunity to explore the client's interests. This concept emphasizes the importance of dialogue and discovery between the coach and the client, allowing for deep exploration of values, passions, and goals. It creates an environment where the client can reflect on their potential, generate new insights, and co-create their path forward. In such moments, the focus is on facilitating a rich conversation that can lead to new ideas, perspectives, and possibilities for the client, empowering them to take ownership of their growth and decisions. Through this collaborative process, coaches help clients tap into their intrinsic motivations and strengths, which ultimately enhances their engagement and commitment to their goals. The other options do not capture the essence of a generative moment. A time of crisis may require immediate action but does not foster the same level of collaborative exploration. A focus on technical skills narrows the scope of the conversation, while a moment of intensive analysis may lead to deeper understanding but lacks the generative, creative aspect that is characteristic of generative moments.

6. What is an essential aspect of demonstrating compassion in coaching?

- A. Showing sympathy and concern for the client's challenges**
- B. Providing solutions regardless of the client's input
- C. Minimizing the client's feelings for the sake of progress
- D. Offering advice immediately

An essential aspect of demonstrating compassion in coaching is showing sympathy and concern for the client's challenges. This involves actively listening to the client and validating their feelings without judgment, which fosters a sense of safety and trust in the coaching relationship. By acknowledging the client's struggles and expressing genuine care, a coach can create an environment where the client feels understood and valued. This compassionate approach encourages clients to open up more about their experiences and challenges, facilitating deeper self-exploration and growth. In contrast, providing solutions regardless of the client's input may undermine the client's autonomy and may not align with their unique needs or desires. Minimizing the client's feelings can lead to feelings of alienation and may restrict meaningful dialogue, stunting the coaching process. Offering immediate advice without fully understanding the client's perspective can come off as dismissive and can stifle the client's own problem-solving capabilities, which is counterproductive to effective coaching. Compassion is about being present and empathetic, which is crucial for fostering a strong coaching alliance.

7. What is the main purpose of making links in coaching?

- A. To enhance performance through techniques
- B. To name experiences and form a coherent identity**
- C. To create a structured coaching plan
- D. To define specific goals for the coachee

The main purpose of making links in coaching is to name experiences and form a coherent identity. This process allows individuals to connect various aspects of their life experiences, beliefs, and values in a meaningful way. By making these links, coaches help their clients integrate their past experiences with their present situation, which can lead to greater self-awareness and understanding. When clients can articulate their experiences and recognize how they shape their identity, they become more equipped to navigate challenges and set future goals. This understanding can be pivotal in fostering personal growth and development, as it encourages clients to see the interconnectedness of their thoughts, feelings, and behaviors. The other choices, while relevant to coaching processes, do not encapsulate the fundamental purpose of making links. Enhancing performance through techniques and creating a structured coaching plan are important aspects of coaching but typically focus on methodology rather than personal identity. Defining specific goals for the coachee is also crucial; however, it often stems from the self-awareness and insights gained through linking experiences to one's identity. Making these connections ultimately serves as a foundational aspect of the coaching relationship, enabling clients to develop a stronger sense of self and clarity moving forward.

8. What is a characterizing feature of coaching in relation to addiction?

- A. It primarily focuses on the past
- B. It emphasizes fixing the client's dysfunction
- C. It aims to co-create a better life for the client**
- D. It involves only behavioral modifications

In the context of coaching for addiction, the focus is on empowering clients to envision and strive towards a healthier and more fulfilling future. This approach emphasizes collaboration between the coach and the client, fostering a space where clients can articulate their goals, values, and aspirations. By co-creating a better life, coaches assist clients in recognizing their strengths and resources, cultivating resilience and personal growth. This forward-looking perspective aligns with the broader goals of coaching, which centers on potential, exploration, and personal development rather than diving solely into past traumas or dysfunctions. The other choices reflect less of the essence of coaching. Focusing primarily on the past does not align with the forward-thinking nature of the coaching process. Similarly, emphasizing merely fixing dysfunction or concentrating exclusively on behavioral modifications misses the holistic approach that coaching embodies. Coaching is not just about correcting behaviors; it's about supporting the client to develop a sustainable positive change that encompasses emotional, mental, and social aspects of their lives.

9. Which psychologist is known for insights into women's development and behavior differences from men?

- A. Daniel Levinson
- B. Robert Kegan
- C. Carol Gilligan**
- D. Sigmund Freud

The correct answer is Carol Gilligan, who is renowned for her contributions to the understanding of women's development and the distinctions in behavior and moral reasoning between genders. Gilligan's work revolutionized the field of psychology, particularly in developmental psychology, by challenging existing theories that predominantly focused on male experiences and perspectives. In her landmark book, "In a Different Voice," she argued that traditional models of moral development, such as those proposed by Lawrence Kohlberg, were biased towards male experiences and did not adequately represent the moral reasoning of women. Gilligan emphasized that women tend to approach ethical dilemmas with a focus on relationships, care, and the context of interpersonal connections, which reflects a different but equally valid approach to moral reasoning. This insight has had a lasting impact on various fields such as psychology, education, and feminist theory, encouraging a more nuanced understanding of gender differences in development and behavior. Gilligan's work continues to inform discussions on gender and development, illustrating the importance of considering diverse perspectives in psychological research.

10. What does the DISC assessment primarily measure?

- A. Creativity, teamwork, and vision
- B. Dominance, influence, steadiness, and conscientiousness**
- C. Emotional intelligence and problem-solving
- D. Adaptability, resilience, and motivation

The DISC assessment primarily measures behavioral styles across four key dimensions: Dominance, Influence, Steadiness, and Conscientiousness. Each of these dimensions provides insight into an individual's interactions and preferences in various settings. Dominance reflects how a person approaches control, power, and assertiveness. Influence assesses how one relates to others and persuades them. Steadiness measures a person's patience, calmness, and ability to maintain stability in relationships. Conscientiousness indicates how one adheres to rules, organization, and detail orientation. This framework allows individuals and organizations to understand communication styles, improve team dynamics, and enhance personal development. It is widely used in professional settings to foster better collaboration and improve workplace interactions, making option B the most accurate answer regarding what the DISC assessment measures. The other options address different aspects of personality and skills that are not the focus of the DISC model.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://boardcertcoaching.examzify.com>

We wish you the very best on your exam journey. You've got this!

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