

BOARD CERTIFIED COACHING PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. Maintenance in the transtheoretical model is primarily focused on what?**
 - A. Implementing new behaviors
 - B. Preventing relapse and consolidating gains
 - C. Increasing self-awareness
 - D. Gathering information
- 2. A business coach primarily assists clients by doing what?**
 - A. Offering technical advice
 - B. Providing accountability and clarity
 - C. Implementing strategic plans
 - D. Making decisions for the client
- 3. What is the purpose of the Eysenck Personality Questionnaire?**
 - A. To measure social boldness and openness to change
 - B. To assess personality across dimensions like extroversion and neuroticism
 - C. To evaluate occupational preferences
 - D. To determine learning styles and career suitability
- 4. What do reflective questions enable clients to do?**
 - A. Generate insights and awareness about their experiences
 - B. Come up with excuses for their challenges
 - C. Focus only on their weaknesses
 - D. Receive direct advice from the coach
- 5. Which coaching approach allows clients to navigate their own feelings and insights?**
 - A. Directive questioning
 - B. Reflective questioning
 - C. Observational feedback
 - D. Intuitive guesswork
- 6. In team coaching, what is meant by 'discussing undiscussable issues'?**
 - A. Addressing surface-level conflicts
 - B. Handling sensitive and taboo topics
 - C. Deferring to authority figures
 - D. Ignoring group dynamics

- 7. Existential anxiety is described as:**
- A. A feeling of satisfaction with personal achievements
 - B. An uneasy experience acknowledging the incompleteness of meanings
 - C. A specific fear of external judgment
 - D. A confidence in one's worldview
- 8. The actualizing tendency is defined as what type of motivation?**
- A. A universal human motivation that hinders development
 - B. A motivation resulting in growth and autonomy
 - C. A specific motivation only applicable to certain clients
 - D. A motivation that relies on external validation
- 9. In the GROW model, which of the following is not one of its components?**
- A. Goals
 - B. Resources
 - C. Reality
 - D. Options
- 10. Which type of question is most likely to make a client feel defensive?**
- A. Open-ended questions
 - B. Closed questions
 - C. Rhetorical questions
 - D. Why questions, if overused

Answers

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

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Explanations

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1. Maintenance in the transtheoretical model is primarily focused on what?

- A. Implementing new behaviors
- B. Preventing relapse and consolidating gains**
- C. Increasing self-awareness
- D. Gathering information

In the transtheoretical model, maintenance is primarily concentrated on preventing relapse and consolidating the gains achieved during the previous stages of behavior change. This phase occurs after an individual has successfully practiced the new behavior for a significant period, typically six months or more. The focus during maintenance is on sustaining the positive changes and ensuring that the behavior becomes a part of the individual's lifestyle. During this stage, individuals implement strategies to avoid returning to old habits, thus reinforcing their commitment to the new behavior. Maintaining motivation and support systems is crucial to ensure that the individual does not revert to previous patterns. This phase recognizes that behavior change is not simply about adopting new habits but also about solidifying these changes over the long term. The goal is to create a stable environment where the new behaviors can flourish and grow. In contrast, the other options represent aspects of behavior change that are not the primary focus of the maintenance stage. Implementing new behaviors pertains more to the action phase, while increasing self-awareness and gathering information can be part of earlier stages of the model but are not central to the maintenance phase.

2. A business coach primarily assists clients by doing what?

- A. Offering technical advice
- B. Providing accountability and clarity**
- C. Implementing strategic plans
- D. Making decisions for the client

A business coach primarily assists clients by providing accountability and clarity, which are essential components of the coaching process. This involves helping clients to define their goals, explore their challenges, and develop a clearer vision for their business. By fostering a supportive environment, a coach encourages clients to take ownership of their decisions and actions, ultimately driving them toward success. Accountability is critical in coaching, as it ensures that clients stay committed to their goals and take deliberate steps towards achieving them. This process often involves regular check-ins and discussions that help clients assess their progress and adjust their strategies as needed. Clarity is also important; coaches facilitate deeper understanding through reflective questioning, assisting clients in discovering insights about their business and themselves. In contrast, the other options focus on approaches that are not typically part of the coaching framework. For instance, offering technical advice implies that the coach is providing specific solutions rather than guiding clients to find their own answers. Implementing strategic plans suggests an operational role instead of empowering the client to lead in their own business decisions. Making decisions for the client takes away their autonomy and contradicts the fundamental coaching principle of self-discovery and personal responsibility.

3. What is the purpose of the Eysenck Personality Questionnaire?

- A. To measure social boldness and openness to change
- B. To assess personality across dimensions like extroversion and neuroticism**
- C. To evaluate occupational preferences
- D. To determine learning styles and career suitability

The Eysenck Personality Questionnaire is primarily designed to assess personality traits based on the dimensions of extroversion, neuroticism, and psychoticism. This assessment provides insight into how individuals think, feel, and behave, allowing for a deeper understanding of their personality profile. By measuring these dimensions, it helps to identify various personality characteristics that influence behavior, social interactions, and emotional responses. The focus on extroversion and neuroticism is particularly significant, as these traits are foundational in Eysenck's model of personality psychology. Extroversion reflects an individual's level of sociability and enthusiasm in social settings, while neuroticism indicates emotional stability and susceptibility to stress. This makes the Eysenck Personality Questionnaire a valuable tool in both clinical and non-clinical settings for understanding individual differences in personality which can impact relationships and overall life satisfaction. The other options, while related to different aspects of psychology and personal assessment, do not accurately represent the primary aim of the Eysenck Personality Questionnaire. It does not specifically focus on evaluating social boldness alone, nor does it address occupational preferences or learning styles. These areas are examined through other assessments that cater specifically to those domains.

4. What do reflective questions enable clients to do?

- A. Generate insights and awareness about their experiences**
- B. Come up with excuses for their challenges
- C. Focus only on their weaknesses
- D. Receive direct advice from the coach

Reflective questions are a powerful tool used in coaching to foster deep thinking and self-awareness in clients. When a coach asks reflective questions, they invite clients to explore their thoughts, feelings, and experiences on a deeper level. This process helps clients to generate insights and awareness about their situations, which is essential for personal growth and development. By engaging in reflective questioning, clients can examine their beliefs, motivations, and behaviors critically. This leads to a greater understanding of their challenges and opportunities, ultimately aiding in decision-making and goal-setting. The focus is on promoting self-discovery rather than simply providing advice or concentrating on negative aspects. In this way, reflective questions empower clients to take ownership of their learning and development process.

5. Which coaching approach allows clients to navigate their own feelings and insights?

- A. Directive questioning
- B. Reflective questioning**
- C. Observational feedback
- D. Intuitive guesswork

The approach that allows clients to navigate their own feelings and insights is reflective questioning. This technique is designed to facilitate self-discovery and personal growth by encouraging clients to think deeply about their emotions, experiences, and the underlying meaning of their thoughts. Reflective questioning prompts clients to explore their feelings at a more profound level, prompting them to articulate their insights and reflections, which can lead to greater awareness and understanding. This method fosters a safe space for clients to express themselves, encouraging them to connect with their inner thoughts and feelings without the coach imposing their own views or directions. It is an essential aspect of effective coaching, as it empowers clients to take ownership of their journey and develop their problem-solving skills. In contrast, approaches like directive questioning provide specific guidance and direction, which may limit the client's exploration of their feelings. Observational feedback focuses on providing insights about behaviors rather than facilitating inner reflection. Intuitive guesswork relies more on the coach's instincts than on the client's exploration, which can sideline the client's self-navigation process.

6. In team coaching, what is meant by 'discussing undiscussable issues'?

- A. Addressing surface-level conflicts
- B. Handling sensitive and taboo topics**
- C. Deferring to authority figures
- D. Ignoring group dynamics

The concept of 'discussing undiscussable issues' in team coaching refers to the process of bringing up and addressing sensitive or taboo topics that may typically be avoided in conversations within a team setting. This can include difficult conversations about interpersonal dynamics, performance issues, or organizational culture that may be uncomfortable for team members to approach. When coaches facilitate discussions about these undiscussable issues, they create a safe environment where team members feel empowered to express their thoughts and feelings regarding topics that are often left unspoken. This practice is crucial for fostering transparency, trust, and ultimately achieving greater collaboration and effectiveness within the team. By addressing these underlying issues, the team can work through conflicts and develop stronger relationships, leading to improved communication and enhanced performance.

7. Existential anxiety is described as:

- A. A feeling of satisfaction with personal achievements
- B. An uneasy experience acknowledging the incompleteness of meanings**
- C. A specific fear of external judgment
- D. A confidence in one's worldview

Existential anxiety refers to the discomfort or unease that arises when individuals confront fundamental questions about existence, purpose, and meaning in life. The acknowledgment of the incompleteness of meanings can lead to feelings of uncertainty, fear, or confusion as one grapples with the reality that life may not provide clear answers. This sense of anxiety is often tied to our awareness of our mortality, the limitations of our understanding, and the search for meaning in a complex and sometimes chaotic world. While the other options represent various psychological states or feelings, they do not capture the essence of existential anxiety. For instance, feeling satisfied with personal achievements and having confidence in one's worldview imply a sense of resolution and fulfillment, which contrasts with the uncertainty associated with existential anxiety. Similarly, a specific fear of external judgment pertains more to social concerns rather than the deeper quest for meaning and understanding that defines existential anxiety. Thus, the correct characterization of existential anxiety lies in recognizing it as an uneasy experience acknowledging the incompleteness of meanings.

8. The actualizing tendency is defined as what type of motivation?

- A. A universal human motivation that hinders development
- B. A motivation resulting in growth and autonomy**
- C. A specific motivation only applicable to certain clients
- D. A motivation that relies on external validation

The actualizing tendency refers to an intrinsic drive within individuals to grow, develop, and reach their full potential. This concept is rooted in humanistic psychology, particularly associated with the work of Carl Rogers, who emphasized the importance of personal development and self-actualization. In this context, the actualizing tendency is seen as a fundamental motivation that fosters growth and autonomy, enabling individuals to pursue their goals, desires, and creativity freely. This tendency is characterized by a natural inclination toward self-improvement and a quest for personal fulfillment that arises from within, rather than being imposed by external pressures or societal expectations. It affirms that individuals possess an inherent capability to strive for their best selves, leading them to make choices that support their physical, psychological, and emotional well-being. In contrast to the other options, which either misrepresent the nature of this motivation or limit its applicability, the correct focus on growth and autonomy encapsulates the essence of the actualizing tendency.

9. In the GROW model, which of the following is not one of its components?

- A. Goals
- B. Resources**
- C. Reality
- D. Options

In the GROW model, a widely recognized coaching framework, the components consist of Goals, Reality, Options, and Will. Each element of the model serves a specific purpose in guiding both the coach and the client through the process of achieving desired outcomes. The "Goals" component focuses on identifying what the client wants to achieve. The "Reality" component helps the client assess their current situation and understand the context of their goals. "Options" encourages brainstorming and considering various paths that could lead to the desired goal, exploring different strategies and possibilities. Finally, "Will" addresses the commitment and action steps that the client is willing to take in pursuit of their goals. "Resources" is not a specific component of the GROW model, even though identifying resources may be a part of the broader coaching conversation. The model emphasizes these four distinct elements to maintain clarity and structure in the coaching process. Therefore, while resources can be important in coaching, they are not formally recognized as part of the GROW framework.

10. Which type of question is most likely to make a client feel defensive?

- A. Open-ended questions
- B. Closed questions
- C. Rhetorical questions
- D. Why questions, if overused**

The use of "why questions," especially when used excessively, can lead to a client feeling defensive because they often imply an assumption of incorrectness or wrongdoing on the client's part. Such questions can create a perception that the client needs to justify their thoughts, feelings, or actions, which can trigger defensiveness. For instance, asking "Why did you choose that option?" might make a client feel they are being questioned for their judgment, leading them to become guarded in their responses. In contrast, open-ended questions typically invite exploration and dialogue, encouraging clients to express themselves freely without feeling cornered. Closed questions, while they may sometimes elicit brief or limited responses, generally do not carry the same weight of implication as "why questions." Rhetorical questions, while they might serve to make a point, usually do not place the client in a position of needing to defend their views. Therefore, the nature of "why questions" makes them particularly sensitive, which is why they can induce defensiveness in clients when they are overused.

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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