

# Nurse Coaching Board Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

**This is a sample study guide. To access the full version with hundreds of questions,**

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**SAMPLE**

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## **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.**

## **7. Use Other Tools**

**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!**

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## **Questions**

- 1. What is a primary focus of nurse coaching related to client behavior?**
  - A. To control all client decisions**
  - B. To support autonomous health decision-making**
  - C. To restrict client access to information**
  - D. To bypass client concerns**
- 2. What methods does a Nurse Coach utilize for effective communication?**
  - A. Empathy and directives**
  - B. Open-ended questions and respectful inquiry**
  - C. Formal reports and structured feedback**
  - D. Informal discussions and casual chat**
- 3. Describe how nurse coaches can employ a solutions-focused approach.**
  - A. By concentrating on identifying problems primarily**
  - B. By concentrating on clients' strengths and solutions rather than problems**
  - C. By advising clients on their issues**
  - D. By providing step-by-step fixes for every problem**
- 4. Describe a technique to help clients visualize their health goals.**
  - A. Providing written plans only**
  - B. Guided imagery exercises where clients picture achieving goals**
  - C. Group discussions about goals**
  - D. Offering incentives for achieving goals**
- 5. What role does a nurse coach primarily assume during the implementation stage?**
  - A. To provide diagnoses and counsel**
  - B. To document and evaluate progress**
  - C. To empower the client to reach their goals**
  - D. To create lesson plans for clients**



- 6. Name a common intervention used in nurse coaching for physical activity.**
- A. Weekly group workouts**
  - B. Personalized exercise plans tailored to clients' interests**
  - C. Strictly regulated exercise routines**
  - D. Only bodyweight exercises**
- 7. What is one of the core values of Nurse Coaching?**
- A. Focus on financial outcomes**
  - B. Nurse Coach Philosophy, Theory, and Ethics**
  - C. Clinical efficiency and productivity**
  - D. Strict adherence to protocols**
- 8. According to Rosemarie Rizzo Parse, how should a person be viewed?**
- A. As a collection of systems**
  - B. As a unity**
  - C. As a separate entity**
  - D. As an isolated being**
- 9. What is Appreciative Inquiry primarily focused on?**
- A. Problem-solving and identifying issues**
  - B. Strengths-focused and positive exploration**
  - C. Compliance and adherence strategies**
  - D. Clinical assessments and evaluations**
- 10. What does reflective practice involve in nurse coaching?**
- A. A process where the coach evaluates their experiences and improves their skills**
  - B. Sharing personal stories with clients for better connection**
  - C. Strictly following pre-determined coaching protocols**
  - D. Providing instant feedback to clients without evaluation**

## **Answers**

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

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## **Explanations**

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**1. What is a primary focus of nurse coaching related to client behavior?**

- A. To control all client decisions**
- B. To support autonomous health decision-making**
- C. To restrict client access to information**
- D. To bypass client concerns**

The primary focus of nurse coaching related to client behavior centers on supporting autonomous health decision-making. This approach empowers clients by encouraging them to take an active role in their health and well-being. Nurse coaching fosters a collaborative environment where clients can explore their values, goals, and concerns, enabling them to make informed decisions that align with their personal health objectives. Supporting autonomy involves respecting clients' rights to make their own choices while providing guidance and resources that facilitate these decisions. This not only increases clients' confidence in managing their health but also promotes a sense of ownership over their wellness journey. By doing so, nurse coaches can significantly enhance clients' engagement and adherence to health plans, ultimately leading to better health outcomes. The other options do not align with the fundamental principles of nurse coaching, which prioritize client empowerment and decision-making. Rather than controlling decisions or restricting access to information, the nurse coach serves as a facilitator who enhances clients' ability to navigate their health effectively.

**2. What methods does a Nurse Coach utilize for effective communication?**

- A. Empathy and directives**
- B. Open-ended questions and respectful inquiry**
- C. Formal reports and structured feedback**
- D. Informal discussions and casual chat**

The use of open-ended questions and respectful inquiry is foundational in nurse coaching as these methods facilitate a deeper level of communication and understanding between the nurse coach and their clients. Open-ended questions allow clients to express themselves freely and share their thoughts, feelings, and experiences in their own words. This encourages a dialogue that can uncover underlying issues and motivations, aligning with the nurse coach's role to support clients in achieving their health goals. Respectful inquiry involves approaching clients with curiosity and genuine interest, creating a safe space for them to share their perspectives. This method fosters trust and rapport, which are essential for effective coaching relationships. By empowering clients to articulate their concerns and aspirations, nurse coaches can tailor their support and interventions to better meet individual needs. Through these techniques, nurse coaches can facilitate more productive conversations, enabling clients to explore their challenges and motivations more thoroughly. This approach reflects the core principles of coaching, which prioritize collaboration and client-centeredness.

### **3. Describe how nurse coaches can employ a solutions-focused approach.**

- A. By concentrating on identifying problems primarily**
- B. By concentrating on clients' strengths and solutions rather than problems**
- C. By advising clients on their issues**
- D. By providing step-by-step fixes for every problem**

Nurse coaches can effectively employ a solutions-focused approach by concentrating on clients' strengths and solutions rather than problems. This method encourages clients to explore their own capabilities and resources as they work toward their goals. By shifting the focus from the problems themselves to what can be done to improve the situation, clients are empowered to take actionable steps based on their own insights and resilience. This approach fosters a positive environment where clients feel supported and motivated, enhancing their confidence in managing their health and wellness. It helps individuals recognize and build upon their existing strengths, which can lead to more sustainable and effective changes. In this way, the nurse coach acts as a facilitator, helping clients to visualize potential solutions and engage in a collaborative process that is centered on empowerment and growth. Other options, such as concentrating primarily on identifying problems, advising clients on their issues, or providing predetermined fixes, do not align with the principles of a solutions-focused approach. These alternatives may inadvertently reinforce a problem-centric mindset, reducing the clients' agency and limiting the exploration of their own strengths and possibilities for improvement.

### **4. Describe a technique to help clients visualize their health goals.**

- A. Providing written plans only**
- B. Guided imagery exercises where clients picture achieving goals**
- C. Group discussions about goals**
- D. Offering incentives for achieving goals**

Guided imagery exercises are a powerful technique to help clients visualize their health goals because they actively engage the client in a mental process that fosters motivation and clarity. This technique involves leading clients through a series of visualizations where they can picture themselves achieving their goals in a detailed and immersive way. By imagining the steps they need to take, the feelings associated with success, and the overall impact on their lives, clients can strengthen their commitment to their goals. This method taps into the subconscious mind, creating a mental environment where positive outcomes are both accessible and desirable. Clients can experience a sense of control and empowerment as they visualize their success, making the pursuit of their health goals feel more tangible and achievable. The emotional response elicited through guided imagery can also enhance self-efficacy and increase optimism, which are crucial components of successful goal attainment. This approach is distinct from merely providing written plans, which may lack the personal engagement and emotional connection necessary for effective goal visualization. While group discussions can provide support and shared experiences, they do not focus as deeply on the individual's personal visualization process. Similarly, offering incentives may motivate behavior but does not help clients build an internal image of their desired achievements in a manner that promotes sustained commitment to health goals.

**5. What role does a nurse coach primarily assume during the implementation stage?**

- A. To provide diagnoses and counsel**
- B. To document and evaluate progress**
- C. To empower the client to reach their goals**
- D. To create lesson plans for clients**

During the implementation stage, a nurse coach primarily focuses on empowering the client to reach their goals. This role is essential because it aligns with the core principles of coaching, which is centered on collaboration, support, and client autonomy. Empowering clients involves helping them understand their strengths, facilitating their decision-making, and encouraging them to take ownership of their health and wellness journey. The nurse coach utilizes various strategies and techniques, such as motivational interviewing, active listening, and goal setting, to inspire clients and foster a sense of self-efficacy. This empowerment is crucial for helping clients overcome obstacles and make sustainable changes, which is the primary aim during implementation. In contrast, while documenting and evaluating progress is important, it is more of a supportive function rather than the primary focus of a coach. Similarly, creating lesson plans or providing diagnoses and counseling falls outside the nurse coach's main role, which is not to direct or control but to facilitate the client's self-directed progress toward their personal health objectives.

**6. Name a common intervention used in nurse coaching for physical activity.**

- A. Weekly group workouts**
- B. Personalized exercise plans tailored to clients' interests**
- C. Strictly regulated exercise routines**
- D. Only bodyweight exercises**

Personalized exercise plans tailored to clients' interests are a fundamental intervention in nurse coaching for physical activity because they focus on the individual needs, preferences, and goals of each client. This approach recognizes that people are more likely to engage in physical activity if they find it enjoyable and relevant to their lifestyle. By incorporating clients' interests, nurse coaches can create sustainable habits that foster a long-term commitment to exercise. This personalized strategy also allows for flexibility in addressing varying fitness levels, health conditions, and personal circumstances. Additionally, when clients feel that their unique circumstances are taken into account, they are more likely to feel motivated and empowered to participate actively in their health journey. In contrast, weekly group workouts might not suit everyone, as some individuals prefer solo workouts or have schedule constraints. Strictly regulated exercise routines may lead to feelings of restriction and disinterest, making them less effective. Similarly, limiting the exercises to just bodyweight movements might exclude clients who have access to additional resources or who prefer different forms of exercise. Personalization ensures a more inclusive and effective approach to encouraging physical activity.

## 7. What is one of the core values of Nurse Coaching?

- A. Focus on financial outcomes
- B. Nurse Coach Philosophy, Theory, and Ethics**
- C. Clinical efficiency and productivity
- D. Strict adherence to protocols

One of the core values of Nurse Coaching is rooted in the philosophy, theory, and ethics that guide nursing practice. This value emphasizes holistic care, which recognizes the individual as a whole being, not just a set of medical symptoms or conditions. By integrating various theories and ethical considerations, Nurse Coaches are equipped to support clients in a more personalized manner—focusing on their goals, values, and lifestyles. This approach fosters a collaborative relationship, encouraging clients to take an active role in their health journey. The focus on the Nurse Coach Philosophy and ethics also underscores the importance of compassion, empathy, and respect in all client interactions. Such principles are essential for building trust and ensuring that clients feel valued and understood. This foundational perspective shapes how Nurse Coaches engage with clients, guiding their interventions and strategies for behavior change, ultimately leading to more effective health outcomes. In contrast, an emphasis on financial outcomes, clinical efficiency and productivity, or strict adherence to protocols may detract from the person-centered care philosophy that Nurse Coaching advocates. These alternatives can lead to a more transactional approach that overlooks the holistic aspects of patient care that are vital in nursing practice.

## 8. According to Rosemarie Rizzo Parse, how should a person be viewed?

- A. As a collection of systems
- B. As a unity**
- C. As a separate entity
- D. As an isolated being

Viewing a person as a unity aligns with Rosemarie Rizzo Parse's theories, particularly her focus on the concept of human becoming. This perspective emphasizes the interconnectedness of individuals within their environment and their ability to grow and change throughout their lives. By seeing a person as a unity, one recognizes that individuals are not merely a collection of different parts or systems but rather a whole that encompasses physical, emotional, social, and spiritual dimensions. This holistic view encourages understanding the complexities of human experiences and the significance of relationships and interactions in shaping a person's identity and journey. On the other hand, the other perspectives presented would fragment the understanding of the individual. Viewing a person merely as a collection of systems neglects the holistic integration of those systems. Considering someone as a separate entity or an isolated being does not account for the relational aspects of human existence that are crucial to Parse's philosophy. Her approach advocates for recognizing individuals as complete beings, inherently connected to their surroundings and capable of engagement and transformation.



## 9. What is Appreciative Inquiry primarily focused on?

- A. Problem-solving and identifying issues
- B. Strengths-focused and positive exploration**
- C. Compliance and adherence strategies
- D. Clinical assessments and evaluations

Appreciative Inquiry is fundamentally centered around a strengths-focused and positive exploration approach. This method prioritizes recognizing and building upon existing strengths, successes, and positive aspects within an organization or individual. Rather than concentrating on problems or deficits, Appreciative Inquiry invites participants to envision a desired future and collaboratively identify what works well. This positive framework encourages creativity, engagement, and collaboration, thereby fostering a more optimistic outlook and facilitating transformative change. In contrast, focusing solely on problem-solving or identifying issues would lead to a more deficit-based perspective. Compliance strategies emphasize adherence to standards or protocols, which can overlook the value of individual strengths. Clinical assessments and evaluations tend to be more diagnostic, often emphasizing the identification of problems rather than celebrating successes. Each of these alternatives falls outside the core principles of Appreciative Inquiry, which champions a constructive, strength-oriented dialogue.

## 10. What does reflective practice involve in nurse coaching?

- A. A process where the coach evaluates their experiences and improves their skills**
- B. Sharing personal stories with clients for better connection
- C. Strictly following pre-determined coaching protocols
- D. Providing instant feedback to clients without evaluation

Reflective practice in nurse coaching is fundamentally about the coach's ongoing evaluation and assessment of their own experiences to enhance their skills and effectiveness. This process allows the coach to consciously think about their coaching interactions, analyze what went well and what didn't, and identify areas for personal and professional growth. By engaging in this self-reflective process, the coach can adapt their methods, improve their understanding of client needs, and ultimately provide more effective support. This approach emphasizes the importance of continuous learning and adaptability in the coaching relationship, making it a dynamic and evolving practice. Reflective practice fosters critical thinking, enhances emotional intelligence, and encourages the application of theoretical knowledge to practical situations. It is a vital component of professional development for nurses who are engaging in coaching, allowing them to provide empathetic, individualized care to their clients.

## 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](mailto:hello@examzify.com).**

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

**<https://nursecoaching.examzify.com>**

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