

# Holistic Coaching Certification Practice Test Questions and Answers

## 1. What is the fundamental principle of holistic coaching?

- A) Focus only on professional goals
- B) Address the whole person - mind, body, spirit, and emotions
- C) Concentrate solely on physical wellness
- D) Emphasize financial success exclusively

## 2. Which technique is commonly used in holistic coaching to help clients gain self-awareness?

- A) Giving direct advice and solutions
- B) Mindfulness and meditation practices
- C) Avoiding emotional discussions
- D) Focusing only on future goals

## 3. What role does energy work play in holistic coaching?

- A) It is completely irrelevant
- B) It helps identify and release energetic blocks that may hinder progress
- C) It is only used for physical fitness
- D) It replaces traditional coaching methods entirely

## 4. How does holistic coaching differ from traditional coaching?

- A) It only focuses on career advancement
- B) It integrates multiple dimensions of well-being and spiritual aspects
- C) It avoids setting specific goals
- D) It uses only one coaching methodology

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

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