**LSE Mid-Career Academic Coaching Application Form 2025-26**

**Notes to Applicants:**

Applications should include:

* A completed Coaching Application Form based on the template and word limits provided below.
* A completed Self-Assessment for Coaching: ‘Ready, Willing and Able to be Coached?’ (one page) provided below.

Please read the LSE Mid-Career Academic Coaching Guidelines 2025-26 (*this document includes the assessment framework Panel members will use to evaluate all applications, and Frequently Asked Questions*) prior to completing this application form. The Coaching Guidelines can be found on the [opportunity webpage](https://info.lse.ac.uk/staff/divisions/research-and-innovation/research/LSE-Mid-Career-Academic-Coaching-Programme).

**Please return by email by 9:30am on Monday 10 November 2025 to Catherine Ulmer, Senior Research Culture Manager at** **c.m.ulmer@lse.a.cuk**

**Application**

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| --- | --- |
| **Full Name:**  |  |
| **Academic Unit:**  |  |
| **Contact email:**  |  |
| **Years of Experience in Research:** |  |

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| **1. Which coaching area(s) are you most interested in?** *(These are non-exhaustive. Please select up to 2 maximum):* |
| [ ]  Skills and capabilities [ ]  Productivity and performance [ ]  Publication strategies[ ]  Confidence | [ ]  Career progression and advancement [ ]  Wellbeing [ ]  Professional relationships and collaborations[ ]  Leadership and management |
| [ ]  Other (i.e. areas of development not highlighted above) |
| ***Please provide a short description of your chosen answer(s):****(100 words max)* |
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| **Why do you think coaching is right for you at this moment in your career?** (100 words max) |
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| **2. How do you hope the programme will enhance specific skills necessary for your development (e.g. leadership, grant writing, project management, developing others, collaboration, communication, resilience, innovation etc.)** (100 words max) |
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| **3. In what ways do you expect the coaching programme to help you progress in your career and shape your future academic contributions, considering both your short- and long-term goals?** (100 words max) |
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| **4. The mid-career coaching programme is part of LSE’s commitment to strengthening its research culture, which focuses on responsible practice, a supportive environment and a stimulating ecosystem. How do you hope your coaching experience will enable you to positively influence this culture (for example, through mentoring, community building, fostering collaboration, promoting inclusion or driving positive change within your department or the School)?** (100 words max) |
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**I am willing to commit to 4 x 1 hour coaching sessions online. I am aware that I must prepare and put time in between each coaching session to get the most out of the experience.**

I have read and I agree to the above.

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| Signed: |  |
| Date: |  |

**Self-Assessment for Coaching**

**Are you Ready, Willing and Able to be coached?**

**Ready**

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| I have time to invest in myself |[ ]
| I can make and keep appointments with myself to work on actions I make during coaching |[ ]
| There is a gap between where I am now and where I want to be |[ ]

**Willing**

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| I am fully willing to do the work required to get me where I want to go |[ ]
| I am willing to stop/change the self-defeating behaviours that limit my success |[ ]
| I am willing to try new things even if I am not 100% convinced they will work |[ ]

**Able**

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| Coaching is the appropriate discipline for the changes I want to make |[ ]
| I have the patience and time to take consistent action towards my goals, regardless of how immediate the results are  |[ ]
| I have the support I need to make significant changes |[ ]

If you have answered no to 2 of more of these questions, it is likely you will need to make adjustments for coaching to be effective.

**Equality, Diversity and Inclusion (optional)**

LSE aims to promote equitable treatment, champion diversity, and develop an inclusive LSE environment across all career stages as highlighted in the Research for the World Strategy and aligned to the LSE 2030 Strategy. Completing this monitoring data on selected protected characteristics will help us achieve this and will enable us to measure the impact of the LSE Mid-Career Academic Coaching Programme on different groups at the School. This information will not be shared with the assessment panel or the external coach.

Your responses will be treated with the strictest confidence and all data disclosed will comply with the Data Protection Act 2018.

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| **Gender** | Choose an item. |
| **Age** | Choose an item. |
| **Ethnic Origin** | Choose an item. |
| **Disability**A person is disabled under the Equality Act 2010 if they have a physical or mental impairment that has a “substantial” and “long-term” (12 months or more) negative effect on their ability to do normal daily activities. **Do you consider you are disabled under the Equality Act 2010?** | Choose an item. |