

Co-Design Group

Questions from the Expression of Interest Form

This document is designed to help you prepare to submit an expression of interest for the Leading the Movement Co-Design Group. It provides you with a preview of the questions that are included in the form.

Please submit your answers on our [expression of interest form](#).

You can express an interest in being involved in the next 12 months of the Co-Design Group until 12pm on Monday 1st December 2025.

Expression of interest questions

This section of the form is designed to help us find out a little more about you and your suitability for the Co-Design Group. Please note, some responses are capped at 1,500 characters.

We're looking to invite **a maximum of five new people** to the group so please provide us with as much information as you can to help us get to know you.

- 1) Please tell us your full name.
- 2) Please provide the email address you'd like us to use (work email is preferred where possible).
- 3) What's your current role(s)?
- 4) Who do you work, or act as a Board member, for?
- 5) What sector do you work in and how long have you worked in it for?

A little bit about you

Supporting sector leaders to drive the change needed to tackle inequalities in physical activity and sport is key to Leading the Movement. We're looking to add to our existing Co-Design Group. The group comprises a diverse range of people with different skills, leadership experience and backgrounds. We're looking to add to the group with leaders who:

- have experience of working:
 - for a local authority
 - in an allied sector, for example health and wellbeing
 - in senior leadership roles (from Director level upwards) within the sport and physical activity sector
 - as a Senior Independent Director or Chair of a Board
- are aspiring sector leaders, including younger individuals (under 23)

- are from groups that are under-represented in leadership and board roles in our sector, specifically;
 - disabled people, women, non-binary people, people from culturally, ethnically and religiously diverse backgrounds, people with a state school education, people who haven't been to university, people from a lower socio-economic background, and members of the LGBTQ+ community.
- are responsible for Equality Diversity and Inclusion, and/or workforce development
- are experienced in systems-change, including those new to the sector or working in a complementary sector; and
- have experience of engaging in co-design processes to support content creation, training and networking opportunities.

We do not expect any individual to have all these attributes. These are suggestions of the type of mix we are looking for across the combined group.

- 6) If you're a member of one or more of the groups specified above, please tell us how you'll use your lived experience and leadership journey to benefit the programme and Co-Design Group. (Please enter at most 1,500 characters)
- 7) How long have you been working in a leadership role?
 - Less than a year
 - 1-3 years
 - 3-5 years
 - 5-10 years
 - 10 years +
- 8) Why is tackling inequalities in sport and physical activity important to you and how do you or have you worked to tackle inequalities in your leadership role(s)? (Please enter at most 1,500 characters)
- 9) Please tell us why you'd like to join the Co-Design Group and what you hope to get out of it. (Please enter at most 1,500 characters)
- 10) How will you use your skills and leadership experience to support the programme and Co-Design Group? (Please enter at most 1,500 characters)
- 11) From your understanding so far, what do you anticipate being the main opportunities and challenges for the programme? (Please enter at most 1,500 characters)
- 12) How will you advocate for, or promote the programme to encourage other leaders to engage in it? (Please enter at most 1,500 characters)

Self-declaration

By submitting this expression of interest, you are confirming that you have the support of



your organisation to apply and the time and intention to attend Co-Design Group meetings.

Please confirm that you:

- Are over 18 years of age.
- Understand the role and can commit to attending meetings.
- Have the support of your organisation to apply.
- Are happy to have a follow up conversation during the week commencing 8th December 2025.
- Would be happy to provide up to two references if invited to the group.
- Can attend the first Co-Design Group of 2026 which will be held on either Thursday 29th or Friday 30th January (dates and times to be confirmed).