

## Supporting information

### Influence of Hydroxycoumarin Substituents on the Photophysical properties of Chiroptical Tb(III) and Eu(III) Complexes

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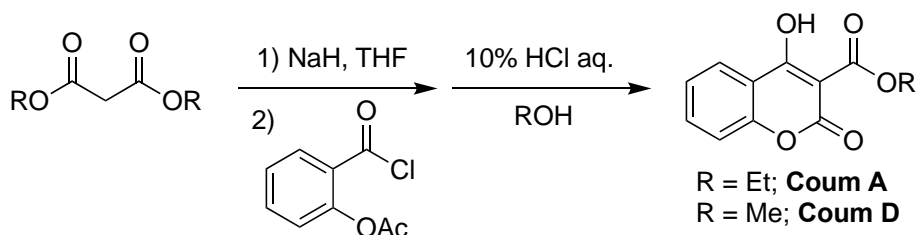
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### 1. General methods and materials

$^1\text{H-NMR}$  spectra were recorded on Varian Mercury 400 spectrometer or Bruker 600 spectrometer. Chemical shifts are reported in ppm from TMS with the solvent resonance as the internal standard ( $\text{CDCl}_3$ :  $\delta = 7.24$  ppm). Data are reported as follows: chemical shift, multiplicity (s = singlet, d = doublet, t = triplet, q = quartet, m = multiplet, bs = broad singlet), coupling constants (Hz), number of protons.  $^{13}\text{C-NMR}$  spectra were recorded on Varian Mercury 400 spectrometer or Bruker 600 spectrometer. Chemical shifts are reported in ppm from TMS with the solvent as the internal standard ( $\text{CDCl}_3$ :  $\delta = 77.0$  ppm). HPLC-MS analyses were performed on an Agilent Technologies HP1100 instrument coupled with an Agilent Technologies MSD1100 single-quadrupole mass spectrometer using a Phenomenex Gemini C18 3  $\mu\text{m}$  (100 x 3 mm) column; mass spectrometric detection was performed in full-scan mode from  $m/z$  50 to 2500, scan time 0.1 s in positive ion mode, ESI spray voltage 4500 V, nitrogen gas 35 psi, drying gas flow rate  $11.5 \text{ mL}\cdot\text{min}^{-1}$ , fragmentor voltage 30 V. Mass are reported as  $m/z$ , relative intensity, ion. Chromatographic purifications were done with 240-400 mesh silica gel. All reactions were set up under an argon atmosphere in oven-dried glassware using standard Schlenk techniques. All the reagents were purchased from commercial sources (Sigma-Aldrich, Alfa Aesar, Fluorochem, Strem Chemicals, TCI) and used without further purification unless specified. Anhydrous solvents were supplied by Aldrich in Sureseal<sup>®</sup> bottles and, unless specified, were used without further treatment.

#### 1.1. Synthesis of *Coum A* and *Coum D*

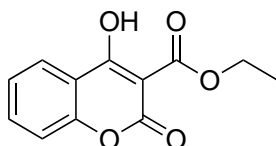


The compounds were prepared by modified literature procedure.<sup>1</sup> A suspension of NaH (60% in mineral oil, 9.09 mmol, 363 mg, 1.8 equiv.) in anhydrous THF (6 mL) was stirred at 0°C for 15 minutes. A solution of malonate (7.58 mmol, 1.5 equiv.) in THF (4 mL) was added dropwise at 0°C and the mixture was stirred for 10 minutes at the same temperature and 1 hour at room temperature. A solution of *O*-acetylsalicyloyl chloride (5.05 mmol, 1g) in THF (4 mL) was added dropwise at 0°C and the mixture was stirred for 10 minutes at the same temperature and 2 hours at room temperature.

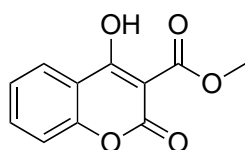
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The solvent was evaporated and the residue was acidified with 10% HCl (15 mL) at 0°C and extracted with DCM (3 × 20 mL). The combined organic layers were dried over Na<sub>2</sub>SO<sub>4</sub> and the solvent evaporated under reduced pressure. The residue was dissolved in 10 mL of ethanol (for **Coum A**) or methanol (for **Coum D**) and 10% HCl (10 mL) was added. The mixture was stirred for 48 hours and the solvent was evaporated. Water (10 mL) was added to the residue and extraction with DCM (3 × 20 mL) was performed. The combined organic layers were dried over Na<sub>2</sub>SO<sub>4</sub> and the solvent evaporated under reduced pressure. The product was purified by flash chromatography (SiO<sub>2</sub>, from 65:35:1 to 75:25:1 DCM:cyclohexane:AcOH) to give white solids in stated yields.

Spectroscopic data are in agreement with those reported in the literature.<sup>1,2</sup>



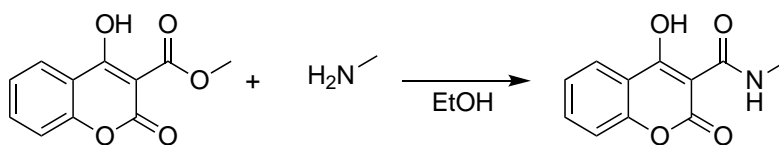
**Coum A**: 64% yield (3.2 mmol, 756 mg); white solid; m.p. = 97 – 98 °C (lit. m.p. = 97 – 98 °C)<sup>3</sup>; <sup>1</sup>H NMR (600 MHz, CDCl<sub>3</sub>) δ 14.71 (s, 1H), 7.98 (ddd, J = 8.0, 1.7, 0.5 Hz, 1H), 7.64 (ddd, J = 8.4, 7.3, 1.7 Hz, 1H), 7.32–7.25 (m, 2H), 4.48 (q, J = 7.1 Hz, 2H), 1.43 (t, J = 7.1 Hz, 3H), <sup>13</sup>C NMR (151 MHz, CDCl<sub>3</sub>) δ 175.4, 171.9, 157.3, 154.4, 135.5, 125.0, 124.2, 116.8, 114.4, 93.1, 62.8, 14.1; MS (ESI+) *m/z* = 235.0 (81, [M+H]<sup>+</sup>), 257.0 (85, [M+Na]<sup>+</sup>), 363.0 (33, [3M+Na+H]<sup>2+</sup>), 371.0 (100, [3M+K+H]<sup>2+</sup>), 490.9 (91, [2M+Na]<sup>+</sup>).



**Coum D**: 52% yield (2.6 mmol, 576 mg); white solid; m.p. = 138 – 139 °C (lit. m.p. = 137 – 138 °C)<sup>3</sup>; <sup>1</sup>H NMR (600 MHz, CDCl<sub>3</sub>) δ 14.58 (bs, 1H), 8.00 (ddd, J = 8.0, 1.7, 0.6 Hz, 1H), 7.66 (ddd, J = 8.4, 7.3, 1.6 Hz, 1H), 7.35 – 7.26 (m, 2H), 4.02 (s, 3H); <sup>13</sup>C NMR (151 MHz, CDCl<sub>3</sub>) δ 175.5, 172.3, 157.5, 154.4, 135.7, 125.1, 124.3, 116.9, 114.4, 92.9, 53.3; MS (ESI+) *m/z* = 221.0 (72, [M+H]<sup>+</sup>), 243.0 (64, [M+Na]<sup>+</sup>), 342.0 (35, [3M+Na+H]<sup>2+</sup>), 350.0 (100, [3M+K+H]<sup>2+</sup>), 462.9 (88, [2M+Na]<sup>+</sup>).

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### 1.2. Synthesis of **Coum B**

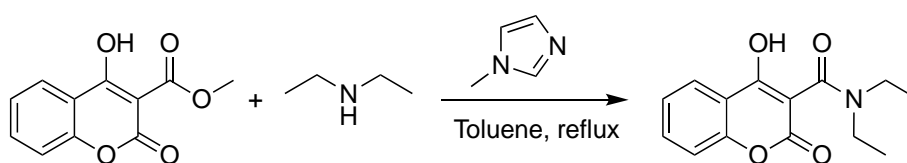


To a solution of **Coum D** (0.68 mmol, 150 mg) in ethanol under nitrogen atmosphere a solution of methylamine (33% wt. in ethanol, 24 mmol, 3 ml) was added. The reaction was stirred at room temperature until complete consumption of the starting material (verified by  $^1\text{H}$  NMR analysis). The solvent was removed under reduced pressure and the product was purified by flash chromatography ( $\text{SiO}_2$ , 90:10 DCM:cyclohexane) to give a white solid in 65% yield (0.41 mmol, 90 mg).

Spectroscopic data are in agreement with those reported in the literature.<sup>3</sup>

m.p. = 184 – 185 °C (lit. m.p.: 200 – 202 °C)<sup>4</sup>;  $^1\text{H}$  NMR (600 MHz,  $\text{CDCl}_3$ )  $\delta$  9.15 (bs, 1H), 8.02 (ddd,  $J$  = 8.0, 1.7, 0.5 Hz, 1H), 7.64 (ddd,  $J$  = 8.3, 7.3, 1.7 Hz, 1H), 7.36 – 7.27 (m, 2H), 3.01 (d,  $J$  = 5.0 Hz, 3H),  $^{13}\text{C}$  NMR (151 MHz,  $\text{CDCl}_3$ )  $\delta$  176.8, 171.1, 162.7, 153.4, 134.8, 125.1, 124.5, 116.9, 116.1, 91.6, 25.99; MS (ESI+)  $m/z$  = 220.1 (100,  $[\text{M}+\text{H}]^+$ ), 241.9 (44,  $[\text{M}+\text{Na}]^+$ ), 339.9 (43,  $[\text{3M}+\text{Na}+\text{H}]^{2+}$ ), 347.9 (41,  $[\text{3M}+\text{K}+\text{H}]^{2+}$ ), 460.9 (16,  $[\text{2M}+\text{Na}]^+$ ); 476.9 (19,  $[\text{2M}+\text{K}]^+$ ).

### 1.3. Synthesis of **Coum C**

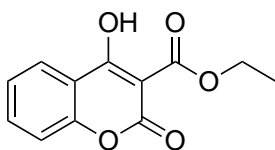


To a solution of **Coum D** (0.45 mmol, 100 mg) in anhydrous toluene (3 mL) under nitrogen atmosphere, diethylamine (1.8 mmol, 186  $\mu\text{L}$ , 4 equiv.) and N-methylimidazole (0.55 mmol, 44  $\mu\text{L}$ , 1.2 equiv.) were added. The mixture was refluxed for 24 hours and the solvent was removed under reduced pressure. The residue was dissolved in  $\text{CHCl}_3$  (20 mL) and washed with 1M HCl aq. (2 x 10 mL), the combined organic layers were dried over  $\text{Na}_2\text{SO}_4$  and the solvent evaporated under reduced pressure. The product was purified by flash chromatography ( $\text{SiO}_2$ , from 100% AcOEt to 90:10 AcOEt:MeOH) to give a white solid in 73% yield (0.41 mmol, 105 mg).

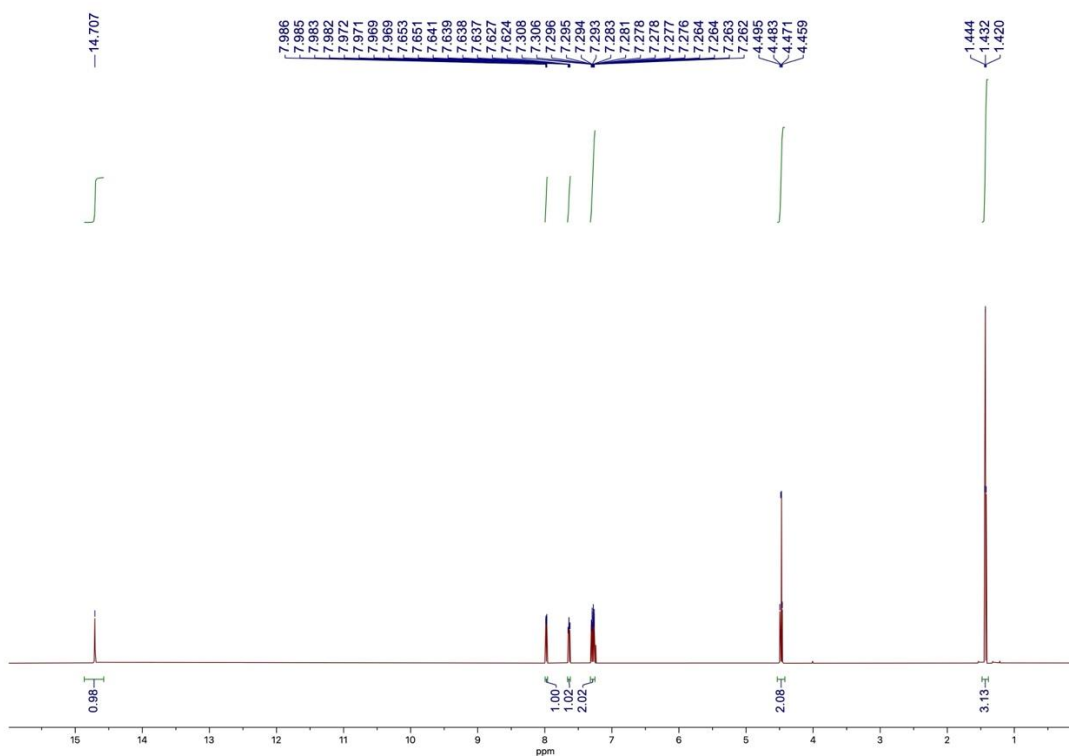
## Supporting information

m.p. = 184 – 185 °C;  $^1\text{H}$  NMR (401 MHz,  $\text{CDCl}_3$ )  $\delta$  12.09 (bs, 1H), 7.89 (dd,  $J$  = 8.0, 1.7 Hz, 1H), 7.60 – 7.46 (m, 1H), 7.30 – 7.14 (m, 2H), 3.44 (q,  $J$  = 7.1 Hz, 4H), 1.23 (t,  $J$  = 7.1 Hz, 6H),  $^{13}\text{C}$  NMR (101 MHz,  $\text{CDCl}_3$ )  $\delta$  171.8, 171.7, 168.4, 159.1, 153.6, 133.9, 124.5, 124.0, 116.4, 115.4, 96.8, 42.2, 12.9; MS (ESI+)  $m/z$  = 262.1 (100,  $[\text{M}+\text{H}]^+$ ), 283.9 (40,  $[\text{M}+\text{Na}]^+$ ), 402.9 (34,  $[\text{3M}+\text{Na}+\text{H}]^{2+}$ ), 410.9 (40,  $[\text{3M}+\text{K}+\text{H}]^{2+}$ ), 544.9 (18,  $[\text{2M}+\text{Na}]^+$ ); 560.9 (10,  $[\text{2M}+\text{K}]^+$ ).

### 1.4. NMR characterization of the coumarins

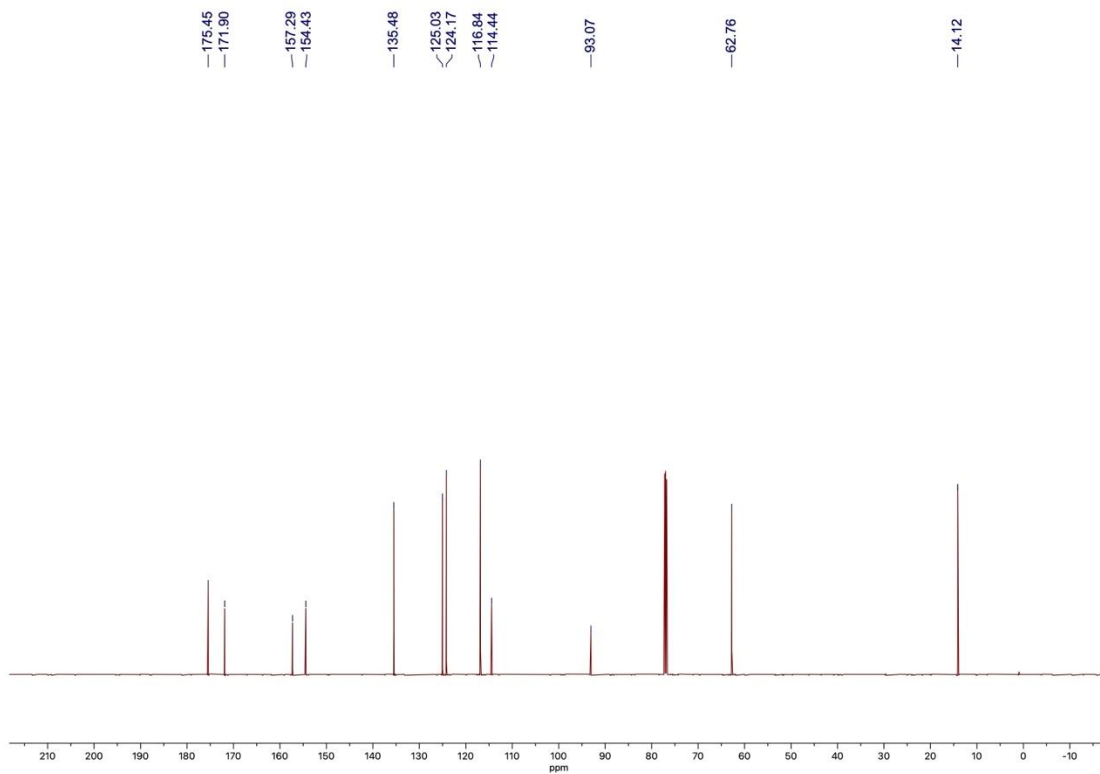


$^1\text{H}$  NMR (600 MHz,  $\text{CDCl}_3$ )

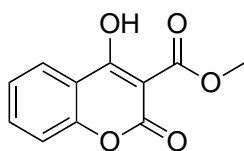


{ $^1\text{H}$ }  $^{13}\text{C}$  NMR (151 MHz,  $\text{CDCl}_3$ )

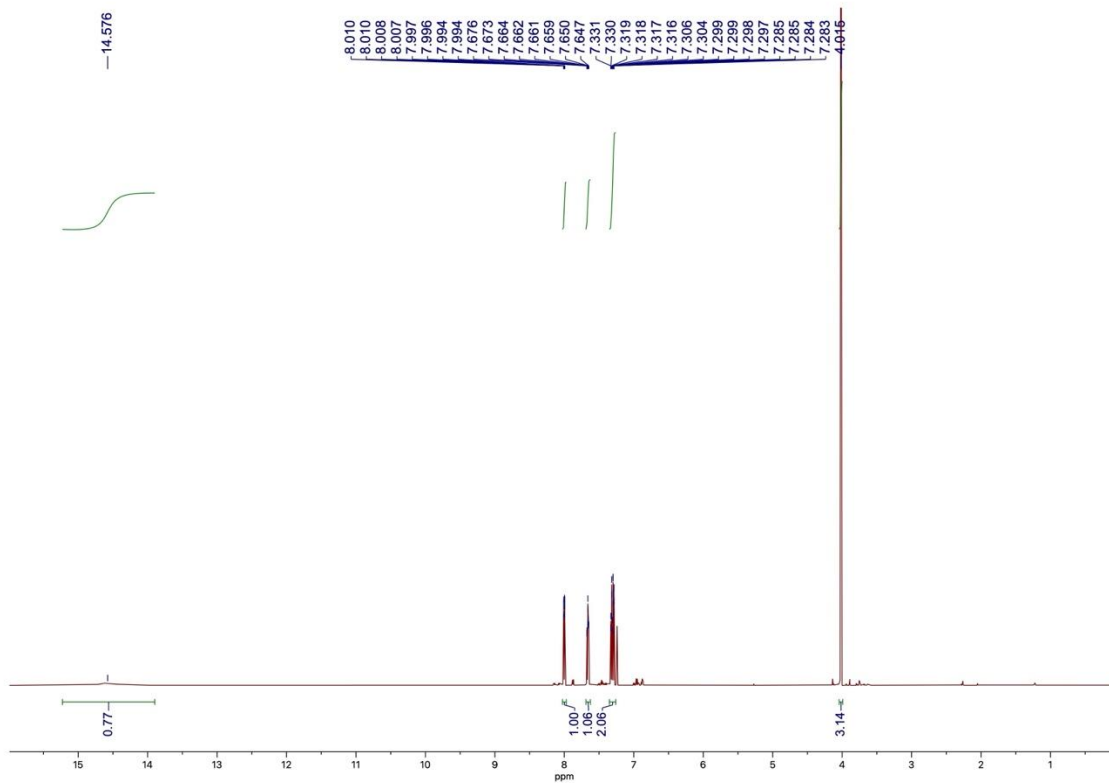
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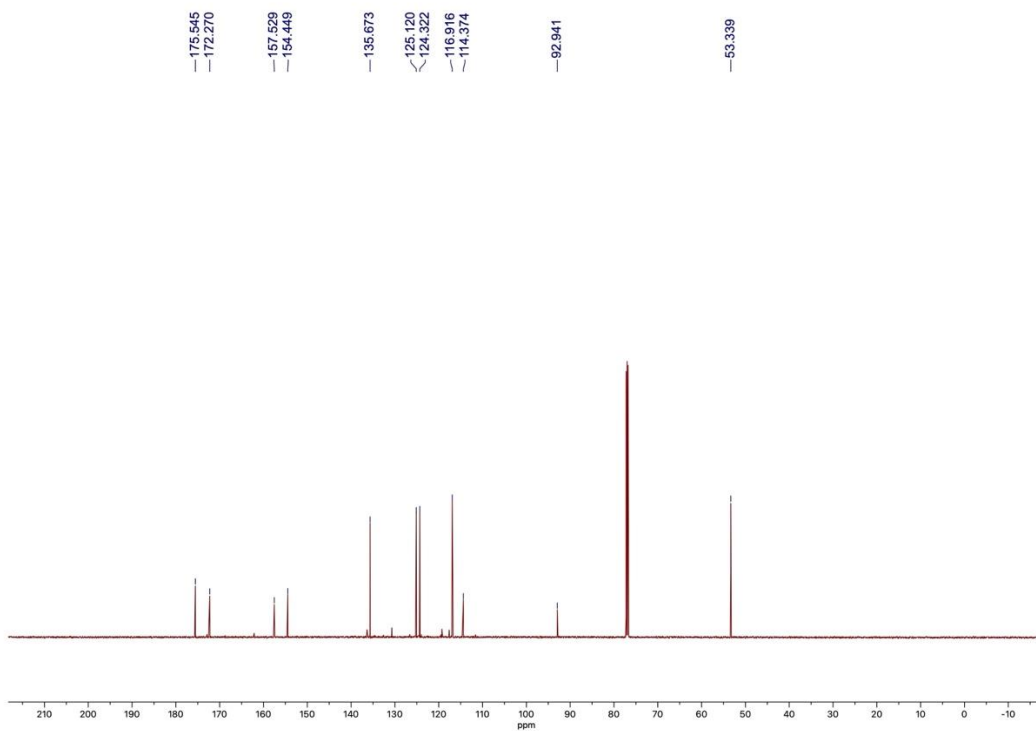


$^1\text{H}$  NMR (600 MHz,  $\text{CDCl}_3$ )

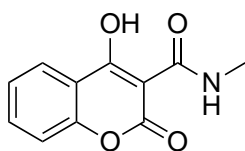


$\{^1\text{H}\}^{13}\text{C}$  NMR (151 MHz,  $\text{CDCl}_3$ )

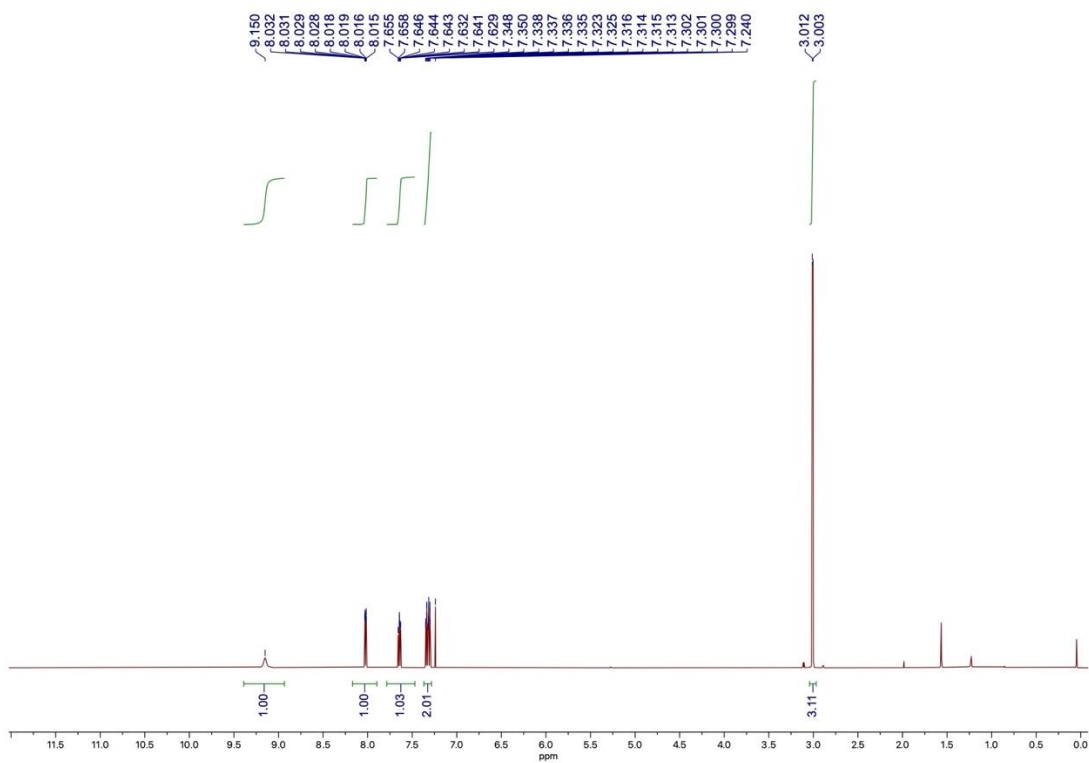
## Supporting information



## Supporting information

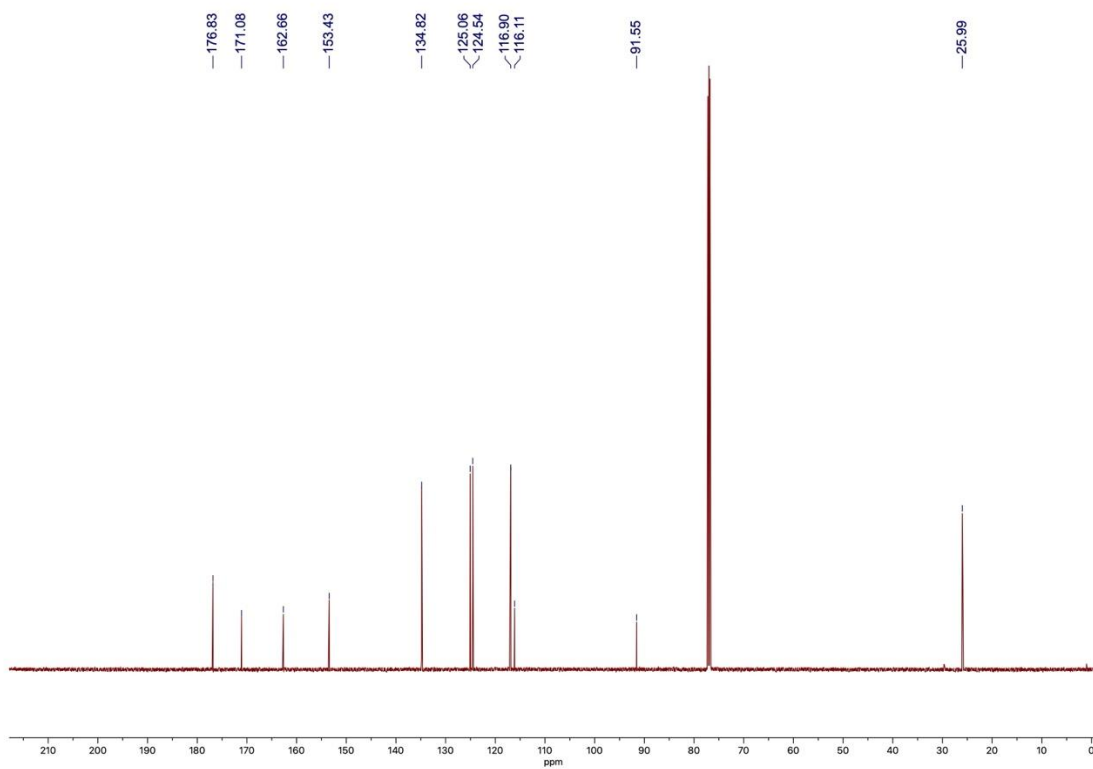


$^1\text{H}$  NMR (600 MHz,  $\text{CDCl}_3$ )

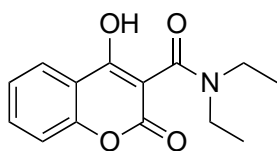


{ $^1\text{H}$ }  $^{13}\text{C}$  NMR (151 MHz,  $\text{CDCl}_3$ )

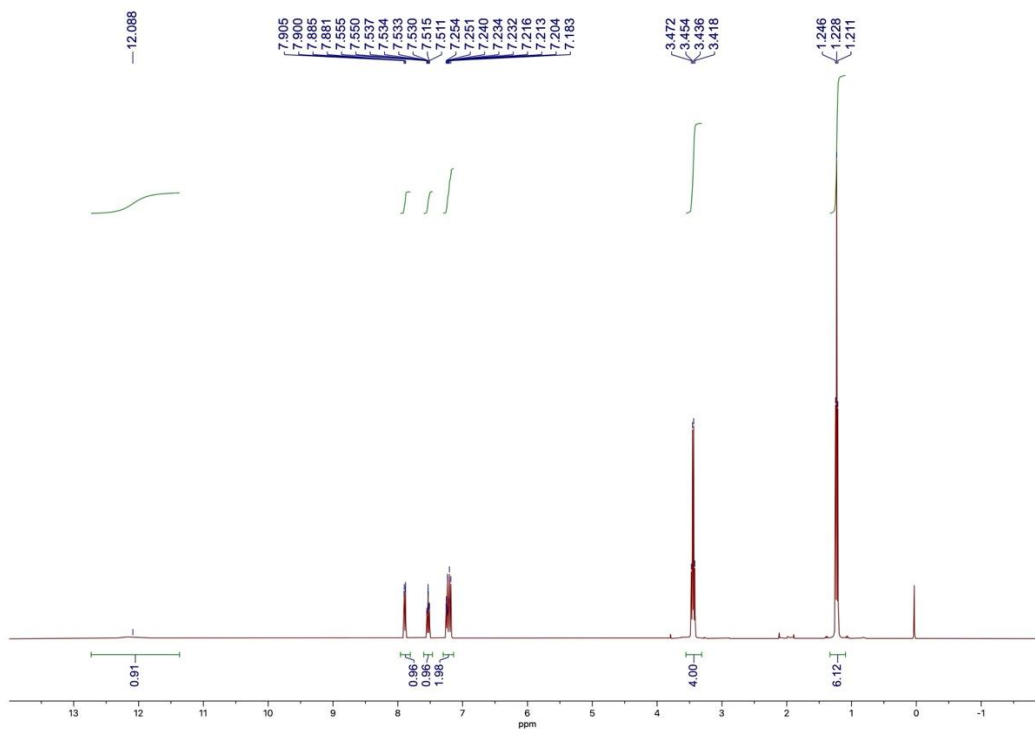
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## Supporting information

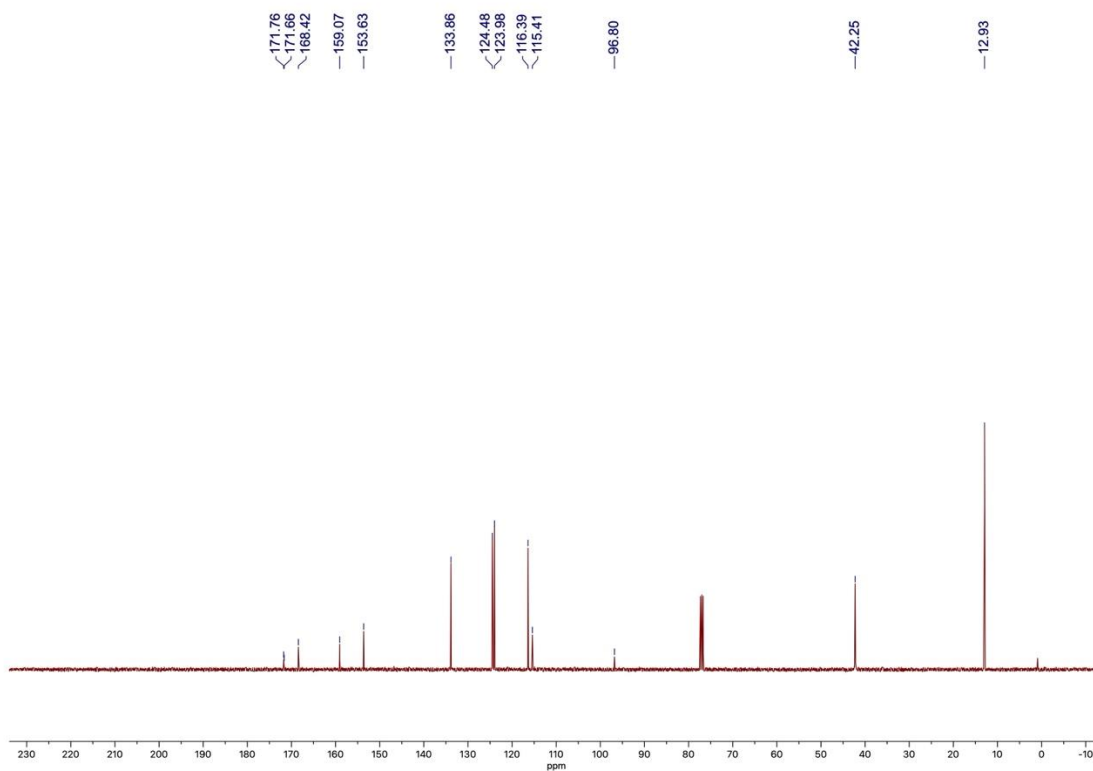


$^1\text{H}$  NMR (400 MHz,  $\text{CDCl}_3$ )



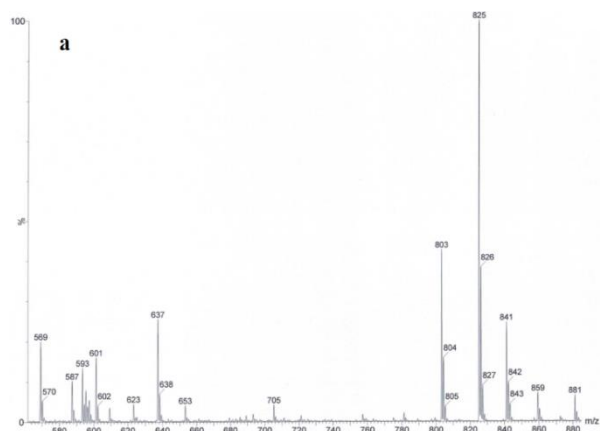
{1H} $^{13}\text{C}$  NMR (101 MHz,  $\text{CDCl}_3$ )

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### 1.5. ESI-MS characterization



Most relevant signals

(m/z)

859

Corresponding Ions

$\{[\text{Tbbpcd}(\text{CoumA})][\text{K}]\text{H}_2\text{O}\}^+$

841

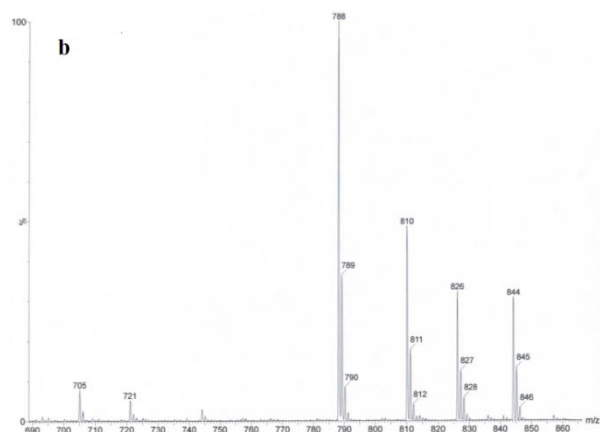
$\{[\text{Tbbpcd}(\text{CoumA})][\text{K}]\}^+$

825

$\{[\text{Tbbpcd}(\text{CoumA})][\text{Na}]\}^+$

803

$\{[\text{Tbbpcd}(\text{CoumA})][\text{H}]\}^+$



Most relevant signals

(m/z)

844

$\{[\text{Tbbpcd}(\text{CoumB})][\text{K}]\text{H}_2\text{O}\}^+$

826

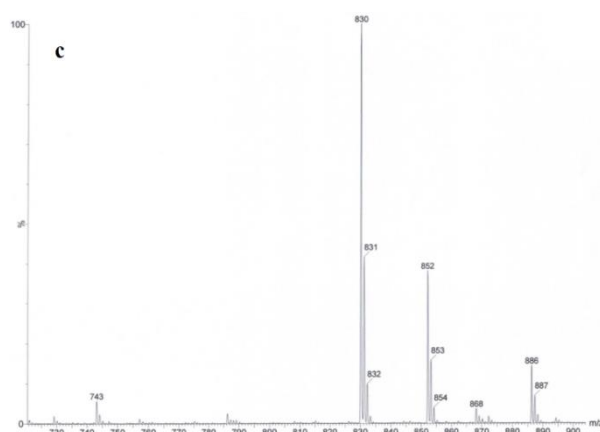
$\{[\text{Tbbpcd}(\text{CoumB})][\text{K}]\}^+$

810

$\{[\text{Tbbpcd}(\text{CoumB})][\text{Na}]\}^+$

788

$\{[\text{Tbbpcd}(\text{CoumB})][\text{H}]\}^+$



Most relevant signals

(m/z)

886

$\{[\text{Tbbpcd}(\text{CoumC})][\text{K}]\text{H}_2\text{O}\}^+$

868

$\{[\text{Tbbpcd}(\text{CoumC})][\text{K}]\}^+$

852

$\{[\text{Tbbpcd}(\text{CoumC})][\text{Na}]\}^+$

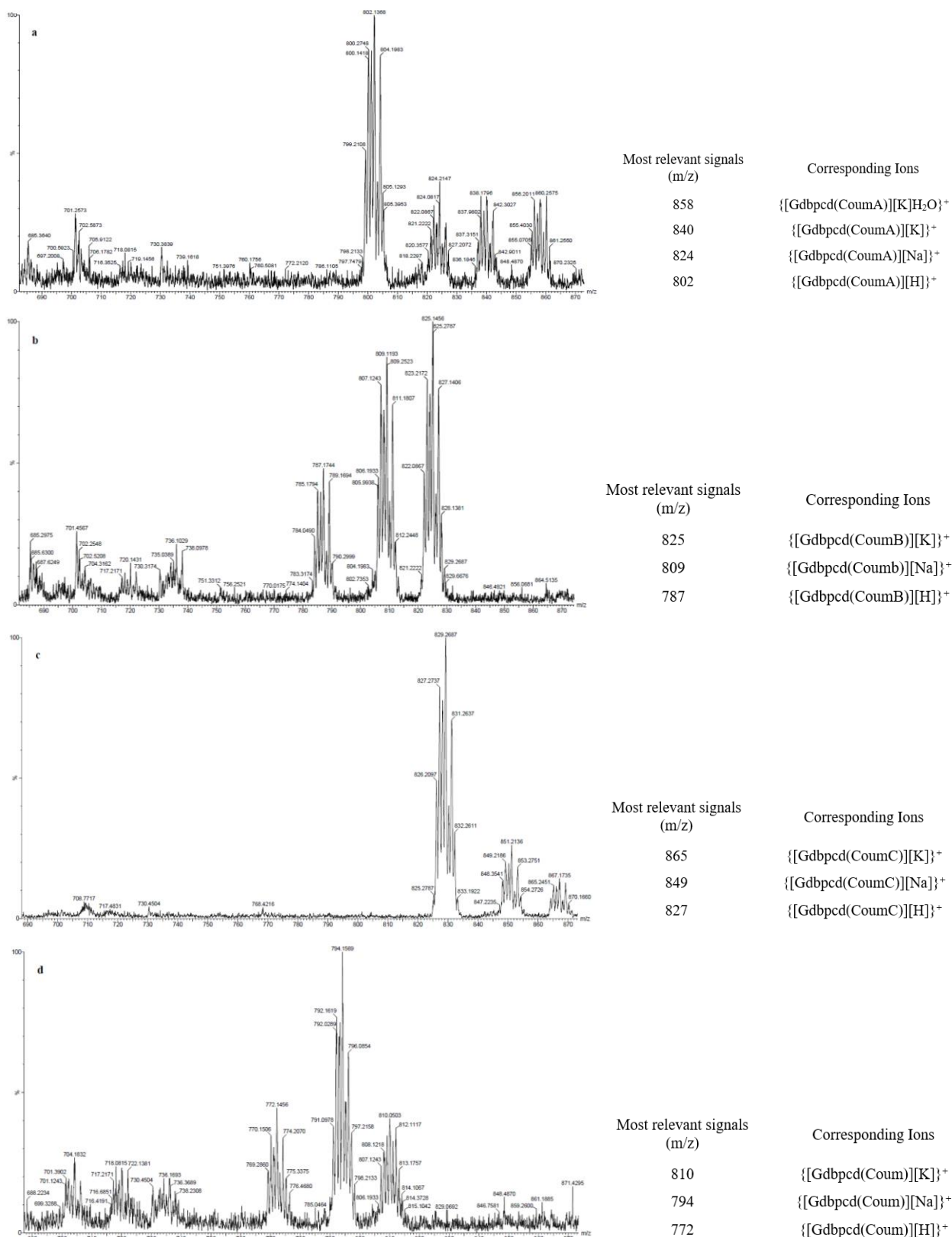
830

$\{[\text{Tbbpcd}(\text{CoumC})][\text{H}]\}^+$

**Figure S1.** (Left) ESI-MS spectra of Tb(III)bpdc complexes with: a) Coumarin A, b) Coumarin B and c) Coumarin C and related peaks assignment (right).

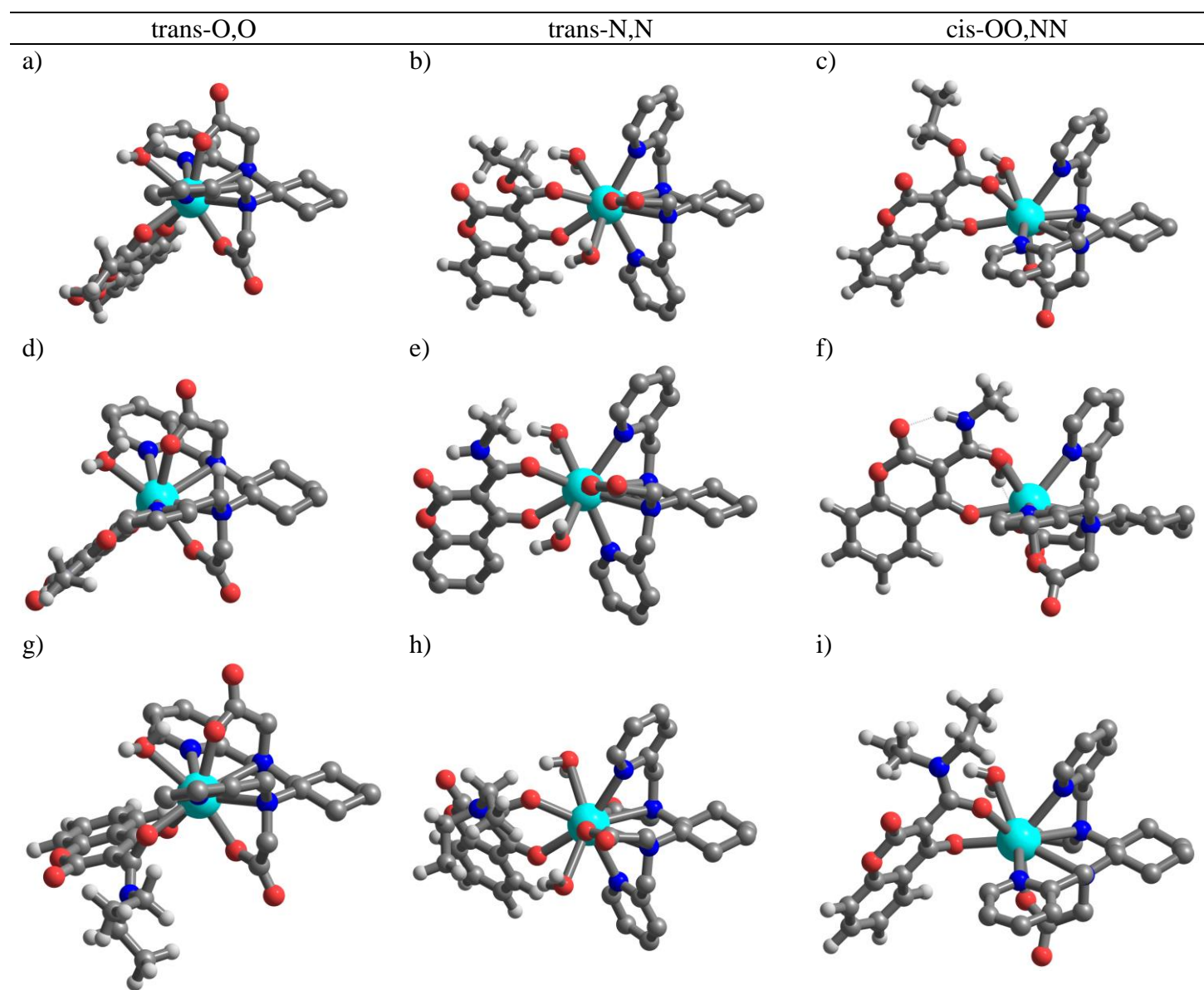


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**Figure S3.** (Left) ESI-MS spectra of Gd(III)bpdc complexes with: a) Coumarin A, b) Coumarin B, c) Coumarin C and d) Coumarin D and related peaks assignment (right).

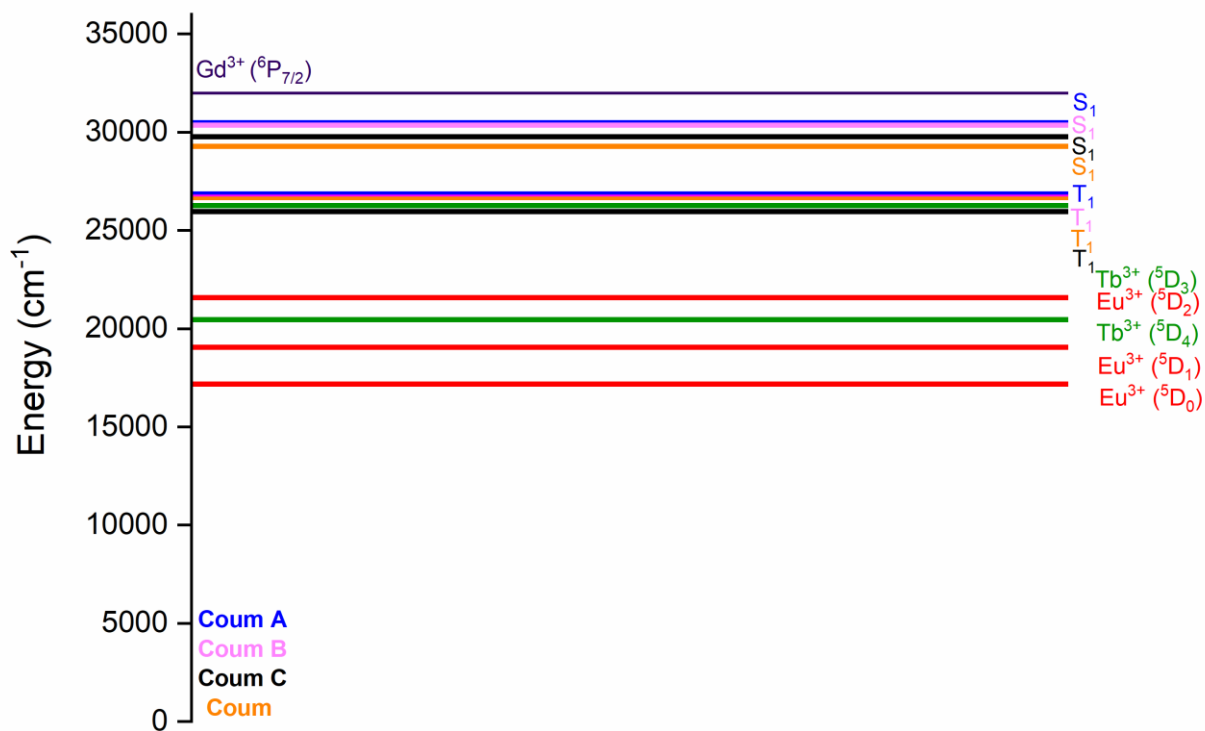
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**Figure S4.** Minimum energy structures of the isomers of the  $[\text{La}(\text{bpcd})(\text{CoumA})(\text{H}_2\text{O})_j]$  (a-c),  $[\text{La}(\text{bpcd})(\text{CoumB})(\text{H}_2\text{O})_j]$  (d-f) and  $[\text{La}(\text{bpcd})(\text{CoumC})(\text{H}_2\text{O})_j]$  (g-i) complexes obtained from DFT calculations. For the *trans*-O,O and *cis*-OO,NN  $j = 1$  while for the *trans*-N,N  $j = 2$ . Hydrogen atoms of the  $\text{Ln}(\text{bpcd})^+$  moieties are hidden for clarity.

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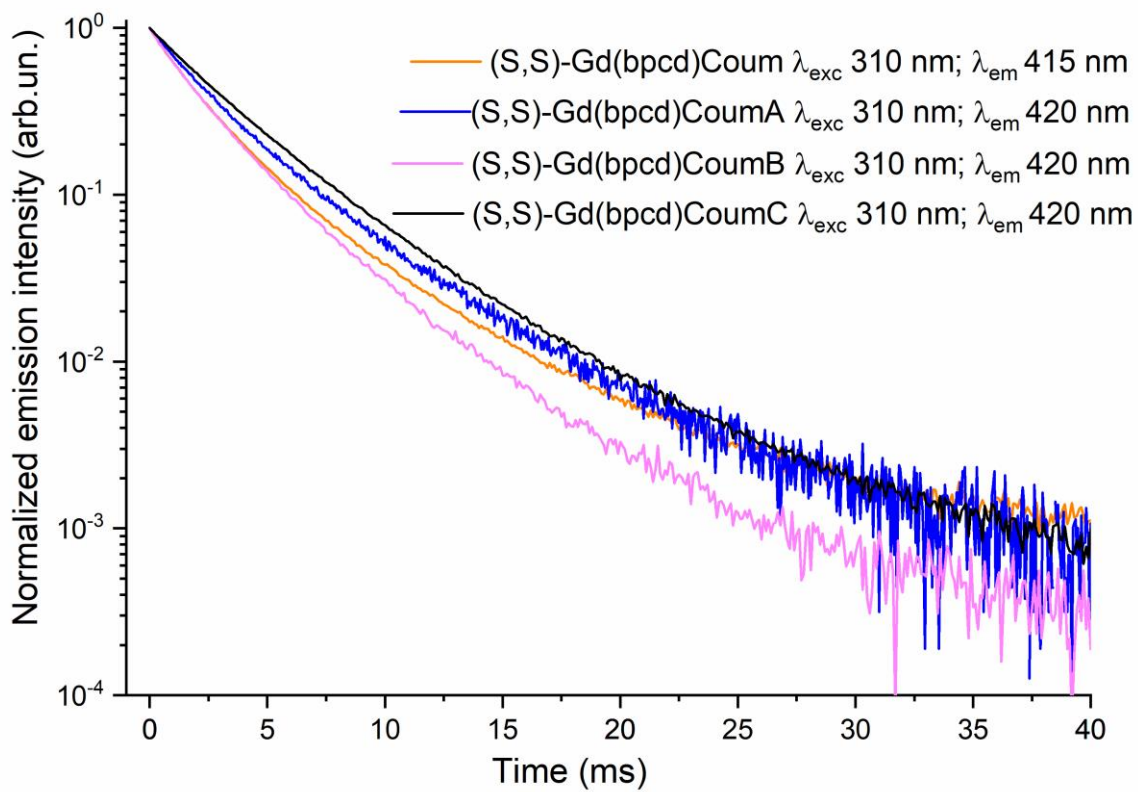
### 1.6. Energy levels diagram



**Figure S5.** Energy position of  $\text{S}_1$  and  $\text{T}_1$  levels of the coumarins ligands together with the  $\text{Tb}(\text{III})$ ,  $\text{Gd}(\text{III})$  and  $\text{Eu}(\text{III})$  levels.

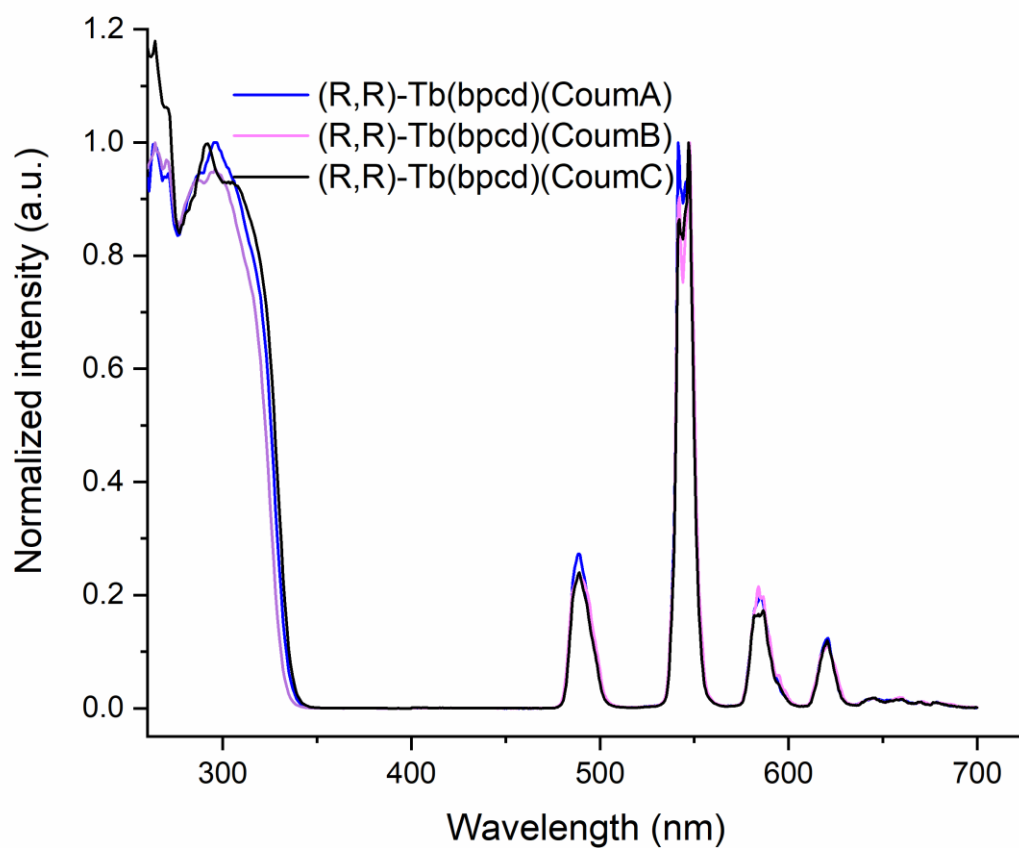
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### 1.7. Luminescence characterization



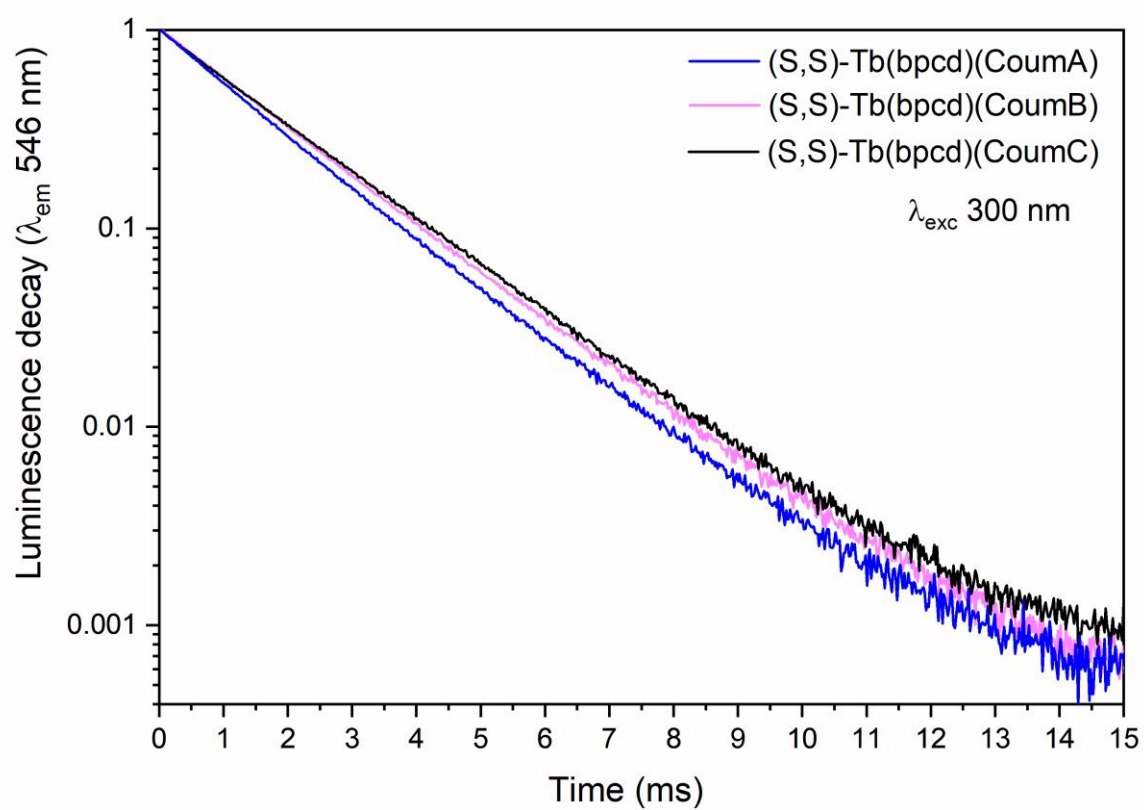
**Figure S6.** 77 K Luminescence decay curves of the  $T_1$  level for the different coumarins ligands collected upon excitation at 310 nm of the related Gd(III) complexes.

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**Figure S7.** Room temperature excitation ( $\lambda_{em} = 546$  nm) and emission spectra ( $\lambda_{exc} = 300$  nm) of (R,R) Tb(III)-based complexes in methanol solution (50  $\mu$ M).

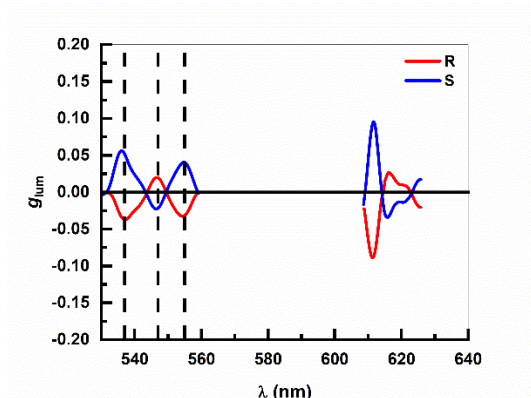
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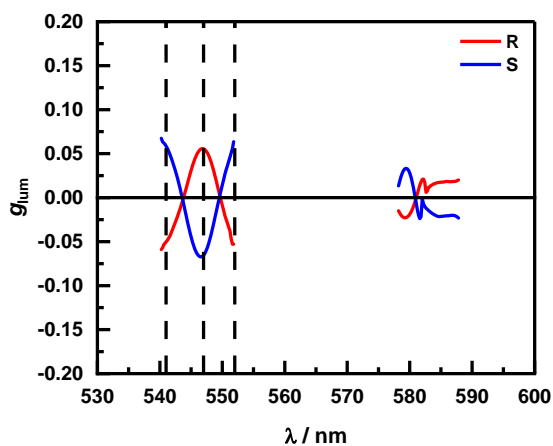
**Figure S8.**  $^5D_4$  excited state decay curves of the different Tb(III) complexes.  $\lambda_{exc}$  300 nm;  $\lambda_{em}$  546 nm. All curves can be fitted by an exponential function, from which  $\tau_{obs}$  can be determined.

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### 1.8. CPL activity

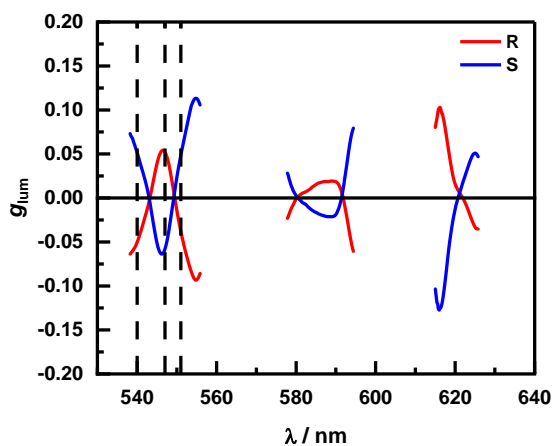


**Figure S9.** [Tb(bpcd)(Coum)]; A plot of  $g_{lum}$  vs. wavelength of the two enantiomers. The dashed lines indicate the three maxima for the  $^5D_4 \rightarrow ^7F_5$  transition. The  $g_{lum}$  values for the  $^5D_4 \rightarrow ^7F_J$  ( $J = 4,3$ ) transitions are also shown.

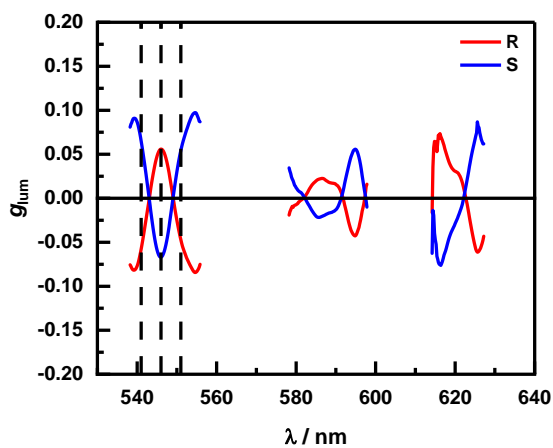


**Figure S10.** [Tb(bpcd)(CoumA)]; A plot of  $g_{lum}$  vs. wavelength of the two enantiomers. The dashed lines indicate the three maxima for the  $^5D_4 \rightarrow ^7F_5$  transition. The  $g_{lum}$  values for the  $^5D_4 \rightarrow ^7F_3$  transition between 575 and 590 nm are also shown.

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**Figure S11.** [Tb(bpcd)(CoumB)]; A plot of  $g_{lum}$  vs. wavelength of the two enantiomers. The dashed lines indicate the three maxima for the  $^5D_4 \rightarrow ^7F_5$  transition. The  $g_{lum}$  values for the  $^5D_4 \rightarrow ^7F_J$  ( $J = 4,3$ ) transitions are also shown.



**Figure S12.** [Tb(bpcd)(CoumC)]; A plot of  $g_{lum}$  vs. wavelength of the two enantiomers. The dashed lines indicate the three maxima for the  $^5D_4 \rightarrow ^7F_5$  transition. The  $g_{lum}$  values for the  $^5D_4 \rightarrow ^7F_J$  ( $J = 4,3$ ) transitions are also shown.

## Supporting information

### 2. Chiroptical instrumentation

#### 2.1. CPL measurements

Discrimination of left/right circular polarized states was performed by a photoelastic modulator from a decommissioned Jasco J500C spectropolarimeter operating at 50 KHz coupled with an uncoated Glenn-Thompson polarizer. A Jasco CT-10 was used as the emission monochromator and the detection was performed by a Hamamatsu R376 PMT. The spectra were collected under either 365 or 254 nm irradiation from commercial LED-sources, using a 90° geometry between the excitation and detection direction. All CPL spectra were recorded in 1 cm semi-micro (aperture 4 mm) optical glass cells using the following parameters: scan-speed 0.5 nm/sec, integration time 2 sec, photomultiplier tube driving voltage 600 V, accumulations 4.

#### 2.2. UV-Vis/ECD measurements

UV-Vis spectra were recorded using a Jasco-V650 spectrophotometer in the spectral range of 200 to 400 nm. All samples were measured in 1 mM MeOH solutions at room temperature. The same solutions were used to record CD spectra using a J1500 spectropolarimeter in 0.01 cm optical glass cells.

Given the complex structure of CPL spectra with several opposite bands within the same manifold, a more general definition of  $B_{\text{CPL}}$  factor was employed:

$$B_{\text{CPL}} = \varepsilon \cdot \varphi \cdot \frac{1}{2} \frac{\int_{\lambda_a}^{\lambda_b} I(\lambda)g(\lambda)d\lambda}{\int_{\lambda_i}^{\lambda_f} I(\lambda)d\lambda} \quad (\text{S1})$$

where the integral in the numerator has to be estimated between the extrema of the considered transition ( $\lambda_a, \lambda_b$ ), while the integral in the denominator is calculated over the whole emission range ( $\lambda_i, \lambda_f$ ). Note that if  $g(\lambda)$  does not change sign within a term-to-term transition and it is approximately constant ( $g(\lambda) \simeq \bar{g}$ ), then the above definition is reduced to:

$$B_{\text{CPL}} = \varepsilon \cdot \varphi \cdot \frac{1}{2} \bar{g} \cdot \frac{\int_{\lambda_a}^{\lambda_b} I(\lambda)d\lambda}{\int_{\lambda_i}^{\lambda_f} I(\lambda)d\lambda} = \varepsilon \cdot \varphi \cdot \frac{1}{2} \bar{g} \cdot \beta \quad (\text{S2})$$

According to the usual definition applicable to lanthanide CPL.<sup>S1</sup>

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### 3. Theoretical modeling

#### 3.1. Intramolecular energy transfer rates

The intramolecular energy transfer (IET) rates from ligands to the Ln(III) were calculated considering the dipole-dipole ( $W_{d-d}$ ), dipole-multipole ( $W_{d-m}$ ), and exchange ( $W_{ex}$ ) mechanisms:<sup>4-8</sup>

$$W_{d-d} = \frac{S_L(1 - \sigma_1)^2}{(2J + 1)G} \frac{4\pi e^2}{\hbar R_L^6} \sum_{\lambda} \Omega_{\lambda}^{FED} \langle \psi'J' \| U^{(\lambda)} \| \psi J \rangle^2 F \quad (S3)$$

$$W_{d-m} = \frac{S_L}{(2J + 1)G} \frac{2\pi e^2}{\hbar} \sum_{\lambda} (\lambda + 1) \times \frac{\langle r^{\lambda} \rangle^2}{(R_L^{\lambda+2})^2} \langle f \| C^{(\lambda)} \| f \rangle^2 (1 - \sigma_{\lambda})^2 \langle \psi'J' \| U^{(\lambda)} \| \psi J \rangle^2 F \quad (S4)$$

$$W_{ex} = \frac{(1 - \sigma_0)^2}{(2J + 1)G} \frac{8\pi e^2}{\hbar R_L^4} \langle \psi'J' \| S \| \psi J \rangle^2 \sum_m |\langle \phi | \sum_j \mu_z(j) s_m(j) | \phi^* \rangle|^2 F \quad (S5)$$

where  $\Omega_{\lambda}^{FED}$  are the intensity parameters taking into account only the FED mechanism and these quantities were estimated using the Simple Overlap model<sup>9,10</sup> in the JOYSpectra platform<sup>11</sup>, accessed through <http://www.joyspectra.website>. The values of the squared reduced matrix elements  $\langle \psi'J' \| U^{(\lambda)} \| \psi J \rangle^2$  were taken from Carnall's tables.<sup>12</sup>  $S_L$  is the dipole strength of the ligand transition involved in IET ( $10^{-36}$  and  $10^{-40}$  ( $esu$ )<sup>2</sup> ·  $cm^2$  for  $S_1$  and  $T_1$ , respectively<sup>8</sup>),  $\langle r^{\lambda} \rangle$  are the  $4f$  radial integrals,  $G$  is the ligand state degeneracy ( $G = 1$  or  $3$  for  $S_1$  or  $T_1$ , respectively),  $\langle f \| C^{(\lambda)} \| f \rangle$  is the reduced matrix element of Racah's tensor operators, and  $(1 - \sigma_k)$  are the shielding factors which have a relation with the overlap integrals between valence orbitals of the pair Ln-O.<sup>7,13</sup>

In the exchange mechanism (Eq. S5),  $s_m$  is the spin operator in the ligand and  $\mu_z$  is the projection of the dipole operator on the  $z$ -component, the value of the element matrix of these coupled operators is  $\sim 10^{-36}$  ( $esu$ )<sup>2</sup> ·  $cm^2$ .<sup>8,14</sup> The  $\langle \psi'J' \| S \| \psi J \rangle$  is the reduced matrix elements of the spin operator, which were calculated using free-ion wavefunctions in the intermediate coupling scheme.<sup>15,16</sup>

The donor-acceptor states distances ( $R_L$ ) are estimated from the TD-DFT calculations, as illustrated in terms of molecular orbitals compositions of the excited states  $S_1$  and  $T_1$  as illustrated in Figure S13 and the  $R_L$  is the centroid of these compositions (Figure S14).

The term  $F$  in Eqs. S3–S5 represents the spectral overlap factor, accounting for the energy mismatch condition between the donor and acceptor states.<sup>4,8</sup> For ligand-to-metal energy transfer,  $F$  can be estimated using the following equation:

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$$F = \frac{G(\Delta, T)}{\hbar\gamma_L} \sqrt{\frac{\ln(2)}{\pi}} e^{-\left(\frac{\Delta}{\hbar\gamma_L}\right)^2 \ln(2)} \quad (\text{S6})$$

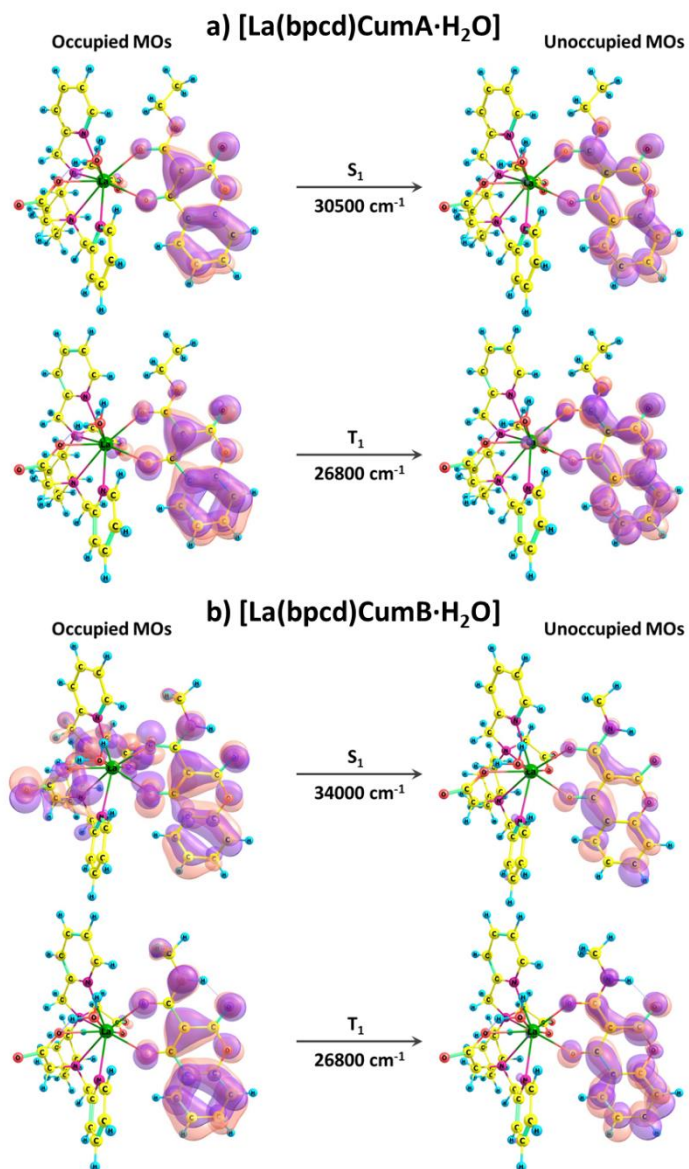
with  $\Delta$  being the energy difference between the donor state (i.e., the barycenter energy of the S<sub>1</sub> or T<sub>1</sub>) of and lanthanide ion acceptor state (i.e., Eu<sup>3+</sup> <sup>5</sup>D<sub>1</sub> or Tb<sup>3+</sup> <sup>5</sup>D<sub>4</sub>),  $\Delta = E_D - E_{Ln}$ . The  $\gamma_L$  is the bandwidth at half-height for the donor state, assumed here a typical value of  $\gamma_L = 4000 \text{ cm}^{-1}$  for S<sub>1</sub> states.  $G(\Delta, T)$  represents the energy barrier, which considers the energy mismatch between donor and acceptor. If  $\Delta$  is negative, meaning the donor energy is lower than the energy of the acceptor, then  $G(\Delta, T) = \exp(\Delta/k_B T)$ ; however, in the condition of  $\Delta \geq 0$ ,  $G(\Delta, T) = 1$ . Here,  $k_B$  denotes the Boltzmann constant, and T refers to the temperature, which is assumed to be 300 K in this study.

The energy transfer rate for a given pathway ( $W$ ) is calculated by the sum over Eqs. S3–S5:

$$W = W_{d-d} + W_{d-m} + W_{ex} \quad (\text{S7})$$

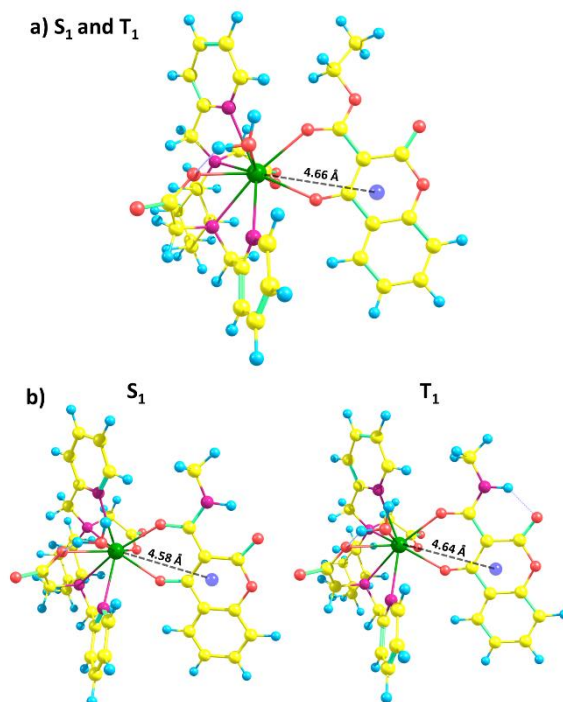
All calculated forward and backward IET rates for [Ln(bpcd)X(H<sub>2</sub>O)] (Ln = Eu<sup>3+</sup> and Tb<sup>3+</sup> and X = CoumA and CoumB) are presented in Tables S1 to S8.

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**Figure S13.** Molecular orbitals compositions of the excited states of a) [La(bpcd)(CoumA)(H<sub>2</sub>O)] and b) [La(bpcd)(CoumB)(H<sub>2</sub>O)].

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**Figure S14.** Calculated donor-acceptor distances for the excited states of a) CoumA and b) CoumB compounds.

Tables S1–S8 present the energy transfer rates calculated using the JOYSpectra web platform <sup>11</sup> (<http://www.joyspectra.website>). In these tables,  $\Delta$  represents the donor–acceptor energy difference between donor and acceptor transitions.  $W_{d-d}$ ,  $W_{d-m}$ , and  $W_{ex}$  denote the energy transfer by the dipole–dipole, dipole–multipole, and exchange mechanisms, respectively.  $W$  is the sum of all mechanisms for a given pathway ( $p$ ). The forward (ligand-to-Ln) rates perspective,  $W^S$  represents the sum over  $W$  involving the S<sub>1</sub> as a donor, while  $W^T$  is the sum over  $W$  involving the T<sub>1</sub> as a donor state. From the backward (Ln-to-ligand) rates,  $W_b^S$  is the sum over  $W_b$  involving the S<sub>1</sub> as an acceptor, while  $W_b^T$  is the sum over  $W_b$  involving the T<sub>1</sub> as the acceptor state.

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**Table S1.** Forward (ligand-to-Eu) IET rates for [Eu(bpcd)(CoumA)(H<sub>2</sub>O)].

<i>p</i>	donor	acceptor	contr. (%)	$\Delta$ (cm <sup>-1</sup> )	$W$ (s <sup>-1</sup> )	$W_{d-d}$ (s <sup>-1</sup> )	$W_{d-m}$ (s <sup>-1</sup> )	$W_{ex}$ (s <sup>-1</sup> )
1	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>0</sub> → <sup>5</sup> D <sub>0</sub>	0.0	13194	2.0×10 <sup>3</sup>	4.2×10 <sup>-1</sup>	2.0×10 <sup>3</sup>	0.0
2	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>0</sub> → <sup>5</sup> D <sub>1</sub>	18.9	11460	2.1×10 <sup>6</sup>	0.0	0.0	2.1×10 <sup>6</sup>
3	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>0</sub> → <sup>5</sup> D <sub>2</sub>	0.0	9004	0.0	0.0	0.0	0.0
4	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>0</sub> → <sup>5</sup> L <sub>6</sub>	0.8	5162	8.9×10 <sup>4</sup>	8.5×10 <sup>4</sup>	3.1×10 <sup>3</sup>	0.0
5	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>0</sub> → <sup>5</sup> G <sub>6</sub>	0.3	3735	3.7×10 <sup>4</sup>	3.6×10 <sup>4</sup>	1.3×10 <sup>3</sup>	0.0
6	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>0</sub> → <sup>5</sup> D <sub>4</sub>	0.8	2901	8.4×10 <sup>4</sup>	8.5×10 <sup>3</sup>	7.5×10 <sup>4</sup>	0.0
7	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>1</sub> → <sup>5</sup> D <sub>0</sub>	0.5	13566	6.1×10 <sup>4</sup>	0.0	0.0	6.1×10 <sup>4</sup>
8	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>1</sub> → <sup>5</sup> D <sub>1</sub>	0.1	11832	1.5×10 <sup>4</sup>	3.1	1.5×10 <sup>4</sup>	9.9×10 <sup>1</sup>
9	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>1</sub> → <sup>5</sup> D <sub>2</sub>	1.4	9376	1.5×10 <sup>5</sup>	0.0	0.0	1.5×10 <sup>5</sup>
10	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>1</sub> → <sup>5</sup> D <sub>3</sub>	1.5	6504	1.6×10 <sup>5</sup>	1.8×10 <sup>2</sup>	1.6×10 <sup>5</sup>	0.0
11	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>1</sub> → <sup>5</sup> L <sub>6</sub>	0.0	5534	2.9×10 <sup>3</sup>	2.8×10 <sup>3</sup>	1.0×10 <sup>2</sup>	0.0
12	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>1</sub> → <sup>5</sup> L <sub>7</sub>	0.1	4502	9.2×10 <sup>3</sup>	8.8×10 <sup>3</sup>	3.2×10 <sup>2</sup>	0.0
13	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>1</sub> → <sup>5</sup> G <sub>2</sub>	73.4	4467	8.2×10 <sup>6</sup>	0.0	0.0	8.2×10 <sup>6</sup>
14	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>1</sub> → <sup>5</sup> G <sub>3</sub>	2.1	4237	2.3×10 <sup>5</sup>	4.6×10 <sup>2</sup>	2.3×10 <sup>5</sup>	0.0
15	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>1</sub> → <sup>5</sup> G <sub>6</sub>	0.0	4107	2.9×10 <sup>3</sup>	2.8×10 <sup>3</sup>	1.0×10 <sup>2</sup>	0.0
16	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>1</sub> → <sup>5</sup> G <sub>5</sub>	0.1	4096	7.1×10 <sup>3</sup>	5.7×10 <sup>3</sup>	1.5×10 <sup>3</sup>	0.0
				$W^S$	1.1×10 <sup>7</sup>			
17	T <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>0</sub> → <sup>5</sup> D <sub>0</sub>	0.0	6920	1.6×10 <sup>1</sup>	3.3×10 <sup>-3</sup>	1.6×10 <sup>1</sup>	0.0
18	T <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>0</sub> → <sup>5</sup> D <sub>1</sub>	89.7	5186	6.5×10 <sup>7</sup>	0.0	0.0	6.5×10 <sup>7</sup>
19	T <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>0</sub> → <sup>5</sup> D <sub>2</sub>	0.0	2730	0.0	0.0	0.0	0.0
20	T <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>0</sub> → <sup>5</sup> L <sub>6</sub>	0.0	-1112	4.1×10 <sup>-2</sup>	4.0×10 <sup>-2</sup>	1.5×10 <sup>-3</sup>	0.0
21	T <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>0</sub> → <sup>5</sup> G <sub>6</sub>	0.0	-2539	8.2×10 <sup>-6</sup>	7.9×10 <sup>-6</sup>	2.9×10 <sup>-7</sup>	0.0
22	T <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>0</sub> → <sup>5</sup> D <sub>4</sub>	0.0	-3373	2.1×10 <sup>-7</sup>	2.1×10 <sup>-8</sup>	1.9×10 <sup>-7</sup>	0.0
23	T <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>1</sub> → <sup>5</sup> D <sub>0</sub>	8.2	7292	5.9×10 <sup>6</sup>	0.0	0.0	5.9×10 <sup>6</sup>
24	T <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>1</sub> → <sup>5</sup> D <sub>1</sub>	0.0	5558	3.8×10 <sup>3</sup>	1.2×10 <sup>-2</sup>	5.5×10 <sup>1</sup>	3.7×10 <sup>3</sup>
25	T <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>1</sub> → <sup>5</sup> D <sub>2</sub>	2.1	3102	1.5×10 <sup>6</sup>	0.0	0.0	1.5×10 <sup>6</sup>
26	T <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>1</sub> → <sup>5</sup> D <sub>3</sub>	0.0	230	3.4×10 <sup>1</sup>	3.7×10 <sup>-2</sup>	3.4×10 <sup>1</sup>	0.0
27	T <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>1</sub> → <sup>5</sup> L <sub>6</sub>	0.0	-740	1.0×10 <sup>-2</sup>	9.8×10 <sup>-3</sup>	3.6×10 <sup>-4</sup>	0.0
28	T <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>1</sub> → <sup>5</sup> L <sub>7</sub>	0.0	-1772	1.2×10 <sup>-4</sup>	1.2×10 <sup>-4</sup>	4.3×10 <sup>-6</sup>	0.0
29	T <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>1</sub> → <sup>5</sup> G <sub>2</sub>	0.0	-1807	9.2×10 <sup>2</sup>	0.0	0.0	9.2×10 <sup>2</sup>
30	T <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>1</sub> → <sup>5</sup> G <sub>3</sub>	0.0	-2037	7.7×10 <sup>-4</sup>	1.5×10 <sup>-6</sup>	7.6×10 <sup>-4</sup>	0.0
31	T <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>1</sub> → <sup>5</sup> G <sub>6</sub>	0.0	-2167	4.7×10 <sup>-6</sup>	4.5×10 <sup>-6</sup>	1.6×10 <sup>-7</sup>	0.0
32	T <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>1</sub> → <sup>5</sup> G <sub>5</sub>	0.0	-2178	1.1×10 <sup>-5</sup>	8.7×10 <sup>-6</sup>	2.2×10 <sup>-6</sup>	0.0
				$W^T$	6.6×10 <sup>7</sup>			
				$W^{T'}$	5.9×10 <sup>6</sup>			

## Supporting information

**Table S2.** Backward (Eu-to-ligand) IET rates for [Eu(bpcd)(CoumA)(H<sub>2</sub>O)].

<i>p</i>	donor	acceptor	contr. (%)	$\Delta$ (cm <sup>-1</sup> )	$W_b$ (s <sup>-1</sup> )	$W_{d-d}$ (s <sup>-1</sup> )	$W_{d-m}$ (s <sup>-1</sup> )	$W_{ex}$ (s <sup>-1</sup> )
1	<sup>5</sup> D <sub>0</sub> → <sup>7</sup> F <sub>0</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-13194	5.4×10 <sup>-25</sup>	1.1×10 <sup>-28</sup>	5.4×10 <sup>-25</sup>	0.0
2	<sup>5</sup> D <sub>1</sub> → <sup>7</sup> F <sub>0</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-11460	8.1×10 <sup>-19</sup>	0.0	0.0	8.1×10 <sup>-19</sup>
3	<sup>5</sup> D <sub>2</sub> → <sup>7</sup> F <sub>0</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-9004	0.0	0.0	0.0	0.0
4	<sup>5</sup> L <sub>6</sub> → <sup>7</sup> F <sub>0</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-5162	1.2×10 <sup>-7</sup>	1.2×10 <sup>-7</sup>	4.4×10 <sup>-9</sup>	0.0
5	<sup>5</sup> G <sub>6</sub> → <sup>7</sup> F <sub>0</sub>	S <sub>0</sub> →S <sub>1</sub>	0.2	-3735	5.1×10 <sup>-5</sup>	4.9×10 <sup>-5</sup>	1.8×10 <sup>-6</sup>	0.0
6	<sup>5</sup> D <sub>4</sub> → <sup>7</sup> F <sub>0</sub>	S <sub>0</sub> →S <sub>1</sub>	40.4	-2901	9.3×10 <sup>-3</sup>	9.5×10 <sup>-4</sup>	8.4×10 <sup>-3</sup>	0.0
7	<sup>5</sup> D <sub>0</sub> → <sup>7</sup> F <sub>1</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-13566	4.1×10 <sup>-23</sup>	0.0	0.0	4.1×10 <sup>-23</sup>
8	<sup>5</sup> D <sub>1</sub> → <sup>7</sup> F <sub>1</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-11832	1.4×10 <sup>-20</sup>	3.0×10 <sup>-24</sup>	1.4×10 <sup>-20</sup>	9.5×10 <sup>-23</sup>
9	<sup>5</sup> D <sub>2</sub> → <sup>7</sup> F <sub>1</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-9376	1.2E×10 <sup>-14</sup>	0.0	0.0	1.2×10 <sup>-14</sup>
10	<sup>5</sup> D <sub>3</sub> → <sup>7</sup> F <sub>1</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-6504	9.8×10 <sup>-9</sup>	1.1×10 <sup>-11</sup>	9.8×10 <sup>-9</sup>	0.0
11	<sup>5</sup> L <sub>6</sub> → <sup>7</sup> F <sub>1</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-5534	1.0×10 <sup>-8</sup>	1.0×10 <sup>-8</sup>	3.6×10 <sup>-10</sup>	0.0
12	<sup>5</sup> L <sub>7</sub> → <sup>7</sup> F <sub>1</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-4502	4.1×10 <sup>-6</sup>	3.9×10 <sup>-6</sup>	1.4×10 <sup>-7</sup>	0.0
13	<sup>5</sup> G <sub>2</sub> → <sup>7</sup> F <sub>1</sub>	S <sub>0</sub> →S <sub>1</sub>	55.8	-4467	1.3×10 <sup>-2</sup>	0.0	0.0	1.3×10 <sup>-2</sup>
14	<sup>5</sup> G <sub>3</sub> → <sup>7</sup> F <sub>1</sub>	S <sub>0</sub> →S <sub>1</sub>	3.5	-4237	8.0×10 <sup>-4</sup>	1.6×10 <sup>-6</sup>	8.0×10 <sup>-4</sup>	0.0
15	<sup>5</sup> G <sub>6</sub> → <sup>7</sup> F <sub>1</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-4107	9.9×10 <sup>-6</sup>	9.5×10 <sup>-6</sup>	3.5×10 <sup>-7</sup>	0.0
16	<sup>5</sup> G <sub>5</sub> → <sup>7</sup> F <sub>1</sub>	S <sub>0</sub> →S <sub>1</sub>	0.1	-4096	3.1×10 <sup>-5</sup>	2.4×10 <sup>-5</sup>	6.3×10 <sup>-6</sup>	0.0
				$W_b^S$	2.3×10 <sup>-2</sup>			
17	<sup>5</sup> D <sub>0</sub> → <sup>7</sup> F <sub>0</sub>	S <sub>0</sub> →T <sub>1</sub>	0.0	-6920	6.0×10 <sup>-14</sup>	1.3×10 <sup>-17</sup>	6.0×10 <sup>-14</sup>	0.0
18	<sup>5</sup> D <sub>1</sub> → <sup>7</sup> F <sub>0</sub>	S <sub>0</sub> →T <sub>1</sub>	0.0	-5186	3.5×10 <sup>-4</sup>	0.0	0.0	3.5×10 <sup>-4</sup>
19	<sup>5</sup> D <sub>2</sub> → <sup>7</sup> F <sub>0</sub>	S <sub>0</sub> →T <sub>1</sub>	0.0	-2730	0.0	0.0	0.0	0.0
20	<sup>5</sup> L <sub>6</sub> → <sup>7</sup> F <sub>0</sub>	S <sub>0</sub> →T <sub>1</sub>	0.0	1112	8.2×10 <sup>-1</sup>	7.9×10 <sup>-1</sup>	2.9×10 <sup>-2</sup>	0.0
21	<sup>5</sup> G <sub>6</sub> → <sup>7</sup> F <sub>0</sub>	S <sub>0</sub> →T <sub>1</sub>	0.0	2539	1.6×10 <sup>-1</sup>	1.5×10 <sup>-1</sup>	5.5×10 <sup>-3</sup>	0.0
22	<sup>5</sup> D <sub>4</sub> → <sup>7</sup> F <sub>0</sub>	S <sub>0</sub> →T <sub>1</sub>	0.0	3373	3.3×10 <sup>-1</sup>	3.3×10 <sup>-2</sup>	2.9×10 <sup>-1</sup>	0.0
23	<sup>5</sup> D <sub>0</sub> → <sup>7</sup> F <sub>1</sub>	S <sub>0</sub> →T <sub>1</sub>	0.0	-7292	5.6×10 <sup>-8</sup>	0.0	0.0	5.6×10 <sup>-8</sup>
24	<sup>5</sup> D <sub>1</sub> → <sup>7</sup> F <sub>1</sub>	S <sub>0</sub> →T <sub>1</sub>	0.0	-5558	5.1×10 <sup>-8</sup>	1.6×10 <sup>-13</sup>	7.4×10 <sup>-10</sup>	5.1×10 <sup>-8</sup>
25	<sup>5</sup> D <sub>2</sub> → <sup>7</sup> F <sub>1</sub>	S <sub>0</sub> →T <sub>1</sub>	0.0	-3102	1.7	0.0	0.0	1.7
26	<sup>5</sup> D <sub>3</sub> → <sup>7</sup> F <sub>1</sub>	S <sub>0</sub> →T <sub>1</sub>	0.0	-230	2.9×10 <sup>1</sup>	3.1×10 <sup>-2</sup>	2.9×10 <sup>1</sup>	0.0
27	<sup>5</sup> L <sub>6</sub> → <sup>7</sup> F <sub>1</sub>	S <sub>0</sub> →T <sub>1</sub>	0.0	740	5.0×10 <sup>-1</sup>	4.8×10 <sup>-1</sup>	1.8×10 <sup>-2</sup>	0.0
28	<sup>5</sup> L <sub>7</sub> → <sup>7</sup> F <sub>1</sub>	S <sub>0</sub> →T <sub>1</sub>	0.0	1772	7.7×10 <sup>-1</sup>	7.5×10 <sup>-1</sup>	2.7×10 <sup>-2</sup>	0.0
29	<sup>5</sup> G <sub>2</sub> → <sup>7</sup> F <sub>1</sub>	S <sub>0</sub> →T <sub>1</sub>	100.0	1807	2.0×10 <sup>7</sup>	0.0	0.0	2.0×10 <sup>7</sup>
30	<sup>5</sup> G <sub>3</sub> → <sup>7</sup> F <sub>1</sub>	S <sub>0</sub> →T <sub>1</sub>	0.0	2037	3.7×10 <sup>1</sup>	7.2×10 <sup>-2</sup>	3.7×10 <sup>1</sup>	0.0
31	<sup>5</sup> G <sub>6</sub> → <sup>7</sup> F <sub>1</sub>	S <sub>0</sub> →T <sub>1</sub>	0.0	2167	2.3×10 <sup>-1</sup>	2.2×10 <sup>-1</sup>	7.9×10 <sup>-3</sup>	0.0
32	<sup>5</sup> G <sub>5</sub> → <sup>7</sup> F <sub>1</sub>	S <sub>0</sub> →T <sub>1</sub>	0.0	2178	6.6×10 <sup>-1</sup>	5.2×10 <sup>-1</sup>	1.4×10 <sup>-1</sup>	0.0
				$W_b^T$	2.0×10 <sup>7</sup>			
				$W_b^{T'}$	5.8×10 <sup>-8</sup>			

## Supporting information

**Table S3.** Forward (ligand-to-Eu) IET rates for [Eu(bpcd)(CoumB)(H<sub>2</sub>O)].

<i>p</i>	donor	acceptor	contr. (%)	$\Delta$ (cm <sup>-1</sup> )	$W$ (s <sup>-1</sup> )	$W_{d-d}$ (s <sup>-1</sup> )	$W_{d-m}$ (s <sup>-1</sup> )	$W_{ex}$ (s <sup>-1</sup> )
1	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>0</sub> → <sup>5</sup> D <sub>0</sub>	0.0	13067	2.5×10 <sup>3</sup>	5.9×10 <sup>-1</sup>	2.5×10 <sup>3</sup>	0.0
2	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>0</sub> → <sup>5</sup> D <sub>1</sub>	20.2	11333	2.9×10 <sup>6</sup>	0.0	0.0	2.9×10 <sup>6</sup>
3	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>0</sub> → <sup>5</sup> D <sub>2</sub>	0.0	8877	0.0	0.0	0.0	0.0
4	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>0</sub> → <sup>5</sup> L <sub>6</sub>	0.7	5035	9.3×10 <sup>4</sup>	8.9×10 <sup>4</sup>	4.3×10 <sup>3</sup>	0.0
5	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>0</sub> → <sup>5</sup> G <sub>6</sub>	0.3	3608	3.8×10 <sup>4</sup>	3.7×10 <sup>4</sup>	1.8×10 <sup>3</sup>	0.0
6	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>0</sub> → <sup>5</sup> D <sub>4</sub>	0.7	2774	1.0×10 <sup>5</sup>	8.8×10 <sup>3</sup>	9.6×10 <sup>4</sup>	0.0
7	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>1</sub> → <sup>5</sup> D <sub>0</sub>	0.6	13439	8.6×10 <sup>4</sup>	0.0	0.0	8.6×10 <sup>4</sup>
8	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>1</sub> → <sup>5</sup> D <sub>1</sub>	0.1	11705	1.8×10 <sup>4</sup>	4.3	1.8×10 <sup>4</sup>	1.4×10 <sup>2</sup>
9	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>1</sub> → <sup>5</sup> D <sub>2</sub>	1.4	9249	2.1×10 <sup>5</sup>	0.0	0.0	2.1×10 <sup>5</sup>
10	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>1</sub> → <sup>5</sup> D <sub>3</sub>	1.3	6377	1.9×10 <sup>5</sup>	2.0×10 <sup>2</sup>	1.9×10 <sup>5</sup>	0.0
11	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>1</sub> → <sup>5</sup> L <sub>6</sub>	0.0	5407	3.1×10 <sup>3</sup>	3.0×10 <sup>3</sup>	1.4×10 <sup>2</sup>	0.0
12	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>1</sub> → <sup>5</sup> L <sub>7</sub>	0.1	4375	9.6×10 <sup>3</sup>	9.1×10 <sup>3</sup>	4.4×10 <sup>2</sup>	0.0
13	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>1</sub> → <sup>5</sup> G <sub>2</sub>	72.6	4340	1.0×10 <sup>7</sup>	0.0	0.0	1.0×10 <sup>7</sup>
14	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>1</sub> → <sup>5</sup> G <sub>3</sub>	1.8	4110	2.6×10 <sup>5</sup>	4.9×10 <sup>2</sup>	2.6×10 <sup>5</sup>	0.0
15	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>1</sub> → <sup>5</sup> G <sub>6</sub>	0.0	3980	3.0×10 <sup>3</sup>	2.9×10 <sup>3</sup>	1.4×10 <sup>2</sup>	0.0
16	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>1</sub> → <sup>5</sup> G <sub>5</sub>	0.1	3969	7.7×10 <sup>3</sup>	5.8×10 <sup>3</sup>	1.9×10 <sup>3</sup>	0.0
				$W^S$	1.4×10 <sup>7</sup>			
17	T <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>0</sub> → <sup>5</sup> D <sub>0</sub>	0.0	6630	1.8×10 <sup>1</sup>	4.4×10 <sup>-3</sup>	1.8×10 <sup>1</sup>	0.0
18	T <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>0</sub> → <sup>5</sup> D <sub>1</sub>	89.4	4896	7.7×10 <sup>7</sup>	0.0	0.0	7.7×10 <sup>7</sup>
19	T <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>0</sub> → <sup>5</sup> D <sub>2</sub>	0.0	2440	0.0	0.0	0.0	0.0
20	T <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>0</sub> → <sup>5</sup> L <sub>6</sub>	0.0	-1402	9.1×10 <sup>-3</sup>	8.7×10 <sup>-3</sup>	3.7×10 <sup>-4</sup>	0.0
21	T <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>0</sub> → <sup>5</sup> G <sub>6</sub>	0.0	-2829	1.7×10 <sup>-6</sup>	1.7×10 <sup>-6</sup>	7.1×10 <sup>-8</sup>	0.0
22	T <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>0</sub> → <sup>5</sup> D <sub>4</sub>	0.0	-3663	4.9×10 <sup>-8</sup>	4.5×10 <sup>-9</sup>	4.5×10 <sup>-8</sup>	0.0
23	T <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>1</sub> → <sup>5</sup> D <sub>0</sub>	8.6	7002	7.4×10 <sup>6</sup>	0.0	0.0	7.4×10 <sup>6</sup>
24	T <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>1</sub> → <sup>5</sup> D <sub>1</sub>	0.0	5268	4.5×10 <sup>3</sup>	1.5×10 <sup>-2</sup>	6.0×10 <sup>1</sup>	4.5×10 <sup>3</sup>
25	T <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>1</sub> → <sup>5</sup> D <sub>2</sub>	2.0	2812	1.7×10 <sup>6</sup>	0.0	0.0	1.7×10 <sup>6</sup>
26	T <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>1</sub> → <sup>5</sup> D <sub>3</sub>	0.0	-60	2.4×10 <sup>1</sup>	2.6×10 <sup>-2</sup>	2.4×10 <sup>1</sup>	0.0
27	T <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>1</sub> → <sup>5</sup> L <sub>6</sub>	0.0	-1030	2.2×10 <sup>-3</sup>	2.2×10 <sup>-3</sup>	9.2×10 <sup>-5</sup>	0.0
28	T <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>1</sub> → <sup>5</sup> L <sub>7</sub>	0.0	-2062	2.7×10 <sup>-5</sup>	2.6×10 <sup>-5</sup>	1.1×10 <sup>-6</sup>	0.0
29	T <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>1</sub> → <sup>5</sup> G <sub>2</sub>	0.0	-2097	2.3×10 <sup>2</sup>	0.0	0.0	2.3×10 <sup>2</sup>
30	T <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>1</sub> → <sup>5</sup> G <sub>3</sub>	0.0	-2327	1.7×10 <sup>-4</sup>	3.3×10 <sup>-7</sup>	1.7×10 <sup>-4</sup>	0.0
31	T <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>1</sub> → <sup>5</sup> G <sub>6</sub>	0.0	-2457	1.0×10 <sup>-6</sup>	9.5×10 <sup>-7</sup>	4.1×10 <sup>-8</sup>	0.0
32	T <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>1</sub> → <sup>5</sup> G <sub>5</sub>	0.0	-2468	2.4×10 <sup>-6</sup>	1.8×10 <sup>-6</sup>	5.5×10 <sup>-7</sup>	0.0
				$W^T$	7.9×10 <sup>7</sup>			
				$W^{T'}$	7.4×10 <sup>6</sup>			

## Supporting information

**Table S4.** Backward (Eu-to-ligand) IET rates for [Eu(bpcd)(CoumB)(H<sub>2</sub>O)].

<i>p</i>	donor	acceptor	contr. (%)	$\Delta$ (cm <sup>-1</sup> )	$W_b$ (s <sup>-1</sup> )	$W_{d-d}$ (s <sup>-1</sup> )	$W_{d-m}$ (s <sup>-1</sup> )	$W_{ex}$ (s <sup>-1</sup> )
1	<sup>5</sup> D <sub>0</sub> → <sup>7</sup> F <sub>0</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-13067	1.2×10 <sup>-24</sup>	2.9×10 <sup>-28</sup>	1.2×10 <sup>-24</sup>	0.0
2	<sup>5</sup> D <sub>1</sub> → <sup>7</sup> F <sub>0</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-11333	2.1×10 <sup>-18</sup>	0.0	0.0	2.1×10 <sup>-18</sup>
3	<sup>5</sup> D <sub>2</sub> → <sup>7</sup> F <sub>0</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-8877	0.0	0.0	0.0	0.0
4	<sup>5</sup> L <sub>6</sub> → <sup>7</sup> F <sub>0</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-5035	2.4×10 <sup>-7</sup>	2.3×10 <sup>-7</sup>	1.1×10 <sup>-8</sup>	0.0
5	<sup>5</sup> G <sub>6</sub> → <sup>7</sup> F <sub>0</sub>	S <sub>0</sub> →S <sub>1</sub>	0.2	-3608	9.7×10 <sup>-5</sup>	9.3×10 <sup>-5</sup>	4.5×10 <sup>-6</sup>	0.0
6	<sup>5</sup> D <sub>4</sub> → <sup>7</sup> F <sub>0</sub>	S <sub>0</sub> →S <sub>1</sub>	40.1	-2774	2.1×10 <sup>-2</sup>	1.8×10 <sup>-3</sup>	2.0×10 <sup>-2</sup>	0.0
7	<sup>5</sup> D <sub>0</sub> → <sup>7</sup> F <sub>1</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-13439	1.1×10 <sup>-22</sup>	0.0	0.0	1.1×10 <sup>-22</sup>
8	<sup>5</sup> D <sub>1</sub> → <sup>7</sup> F <sub>1</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-11705	3.2×10 <sup>-20</sup>	7.5×10 <sup>-24</sup>	3.1×10 <sup>-20</sup>	2.4×10 <sup>-22</sup>
9	<sup>5</sup> D <sub>2</sub> → <sup>7</sup> F <sub>1</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-9249	3.1×10 <sup>-14</sup>	0.0	0.0	3.1×10 <sup>-14</sup>
10	<sup>5</sup> D <sub>3</sub> → <sup>7</sup> F <sub>1</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-6377	2.1×10 <sup>-8</sup>	2.2×10 <sup>-11</sup>	2.1×10 <sup>-8</sup>	0.0
11	<sup>5</sup> L <sub>6</sub> → <sup>7</sup> F <sub>1</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-5407	2.0×10 <sup>-8</sup>	1.9×10 <sup>-8</sup>	9.4×10 <sup>-10</sup>	0.0
12	<sup>5</sup> L <sub>7</sub> → <sup>7</sup> F <sub>1</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-4375	7.8×10 <sup>-6</sup>	7.5×10 <sup>-6</sup>	3.6×10 <sup>-7</sup>	0.0
13	<sup>5</sup> G <sub>2</sub> → <sup>7</sup> F <sub>1</sub>	S <sub>0</sub> →S <sub>1</sub>	56.4	-4340	3.0×10 <sup>-2</sup>	0.0	0.0	3.0×10 <sup>-2</sup>
14	<sup>5</sup> G <sub>3</sub> → <sup>7</sup> F <sub>1</sub>	S <sub>0</sub> →S <sub>1</sub>	3.1	-4110	1.6×10 <sup>-3</sup>	3.1×10 <sup>-6</sup>	1.6×10 <sup>-3</sup>	0.0
15	<sup>5</sup> G <sub>6</sub> → <sup>7</sup> F <sub>1</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-3980	1.9×10 <sup>-5</sup>	1.8×10 <sup>-5</sup>	8.8×10 <sup>-7</sup>	0.0
16	<sup>5</sup> G <sub>5</sub> → <sup>7</sup> F <sub>1</sub>	S <sub>0</sub> →S <sub>1</sub>	0.1	-3969	6.1×10 <sup>-5</sup>	4.6×10 <sup>-5</sup>	1.5×10 <sup>-5</sup>	0.0
				$W_b^S$	5.3×10 <sup>-2</sup>			
17	<sup>5</sup> D <sub>0</sub> → <sup>7</sup> F <sub>0</sub>	S <sub>0</sub> →T <sub>1</sub>	0.0	-6630	2.7×10 <sup>-13</sup>	6.8×10 <sup>-17</sup>	2.7×10 <sup>-13</sup>	0.0
18	<sup>5</sup> D <sub>1</sub> → <sup>7</sup> F <sub>0</sub>	S <sub>0</sub> →T <sub>1</sub>	0.0	-4896	1.7×10 <sup>-3</sup>	0.0	0.0	1.7×10 <sup>-3</sup>
19	<sup>5</sup> D <sub>2</sub> → <sup>7</sup> F <sub>0</sub>	S <sub>0</sub> →T <sub>1</sub>	0.0	-2440	0.0	0.0	0.0	0.0
20	<sup>5</sup> L <sub>6</sub> → <sup>7</sup> F <sub>0</sub>	S <sub>0</sub> →T <sub>1</sub>	0.0	1402	7.3×10 <sup>-1</sup>	7.0×10 <sup>-1</sup>	3.0×10 <sup>-2</sup>	0.0
21	<sup>5</sup> G <sub>6</sub> → <sup>7</sup> F <sub>0</sub>	S <sub>0</sub> →T <sub>1</sub>	0.0	2829	1.4×10 <sup>-1</sup>	1.3×10 <sup>-1</sup>	5.5×10 <sup>-3</sup>	0.0
22	<sup>5</sup> D <sub>4</sub> → <sup>7</sup> F <sub>0</sub>	S <sub>0</sub> →T <sub>1</sub>	0.0	3663	3.1×10 <sup>-1</sup>	2.8×10 <sup>-2</sup>	2.8×10 <sup>-1</sup>	0.0
23	<sup>5</sup> D <sub>0</sub> → <sup>7</sup> F <sub>1</sub>	S <sub>0</sub> →T <sub>1</sub>	0.0	-7002	2.8×10 <sup>-7</sup>	0.0	0.0	2.8×10 <sup>-7</sup>
24	<sup>5</sup> D <sub>1</sub> → <sup>7</sup> F <sub>1</sub>	S <sub>0</sub> →T <sub>1</sub>	0.0	-5268	2.5×10 <sup>-7</sup>	8.2×10 <sup>-13</sup>	3.3×10 <sup>-9</sup>	2.5×10 <sup>-7</sup>
25	<sup>5</sup> D <sub>2</sub> → <sup>7</sup> F <sub>1</sub>	S <sub>0</sub> →T <sub>1</sub>	0.0	-2812	8.0	0.0	0.0	8.0
26	<sup>5</sup> D <sub>3</sub> → <sup>7</sup> F <sub>1</sub>	S <sub>0</sub> →T <sub>1</sub>	0.0	60	8.4×10 <sup>1</sup>	9.1×10 <sup>-2</sup>	8.3×10 <sup>1</sup>	0.0
27	<sup>5</sup> L <sub>6</sub> → <sup>7</sup> F <sub>1</sub>	S <sub>0</sub> →T <sub>1</sub>	0.0	1030	4.5×10 <sup>-1</sup>	4.3×10 <sup>-1</sup>	1.8×10 <sup>-2</sup>	0.0
28	<sup>5</sup> L <sub>7</sub> → <sup>7</sup> F <sub>1</sub>	S <sub>0</sub> →T <sub>1</sub>	0.0	2062	6.7×10 <sup>-1</sup>	6.5×10 <sup>-1</sup>	2.8×10 <sup>-2</sup>	0.0
29	<sup>5</sup> G <sub>2</sub> → <sup>7</sup> F <sub>1</sub>	S <sub>0</sub> →T <sub>1</sub>	100.0	2097	2.0×10 <sup>7</sup>	0.0	0.0	2.0×10 <sup>7</sup>
30	<sup>5</sup> G <sub>3</sub> → <sup>7</sup> F <sub>1</sub>	S <sub>0</sub> →T <sub>1</sub>	0.0	2327	3.3×10 <sup>1</sup>	6.4×10 <sup>-2</sup>	3.3×10 <sup>1</sup>	0.0
31	<sup>5</sup> G <sub>6</sub> → <sup>7</sup> F <sub>1</sub>	S <sub>0</sub> →T <sub>1</sub>	0.0	2457	1.9×10 <sup>-1</sup>	1.9×10 <sup>-1</sup>	8.0×10 <sup>-3</sup>	0.0
32	<sup>5</sup> G <sub>5</sub> → <sup>7</sup> F <sub>1</sub>	S <sub>0</sub> →T <sub>1</sub>	0.0	2468	5.8×10 <sup>-1</sup>	4.5×10 <sup>-1</sup>	1.3×10 <sup>-1</sup>	0.0
				$W_b^T$	2.0×10 <sup>7</sup>			
				$W_b^{T'}$	2.8×10 <sup>-7</sup>			

## Supporting information

**Table S5.** Forward (ligand-to-Tb) IET rates for [Tb(bpcd)(CoumA)(H<sub>2</sub>O)].

<i>p</i>	donor	acceptor	contr. (%)	$\Delta$ (cm <sup>-1</sup> )	$W$ (s <sup>-1</sup> )	$W_{d-d}$ (s <sup>-1</sup> )	$W_{d-m}$ (s <sup>-1</sup> )	$W_{ex}$ (s <sup>-1</sup> )
1	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>6</sub> → <sup>5</sup> D <sub>4</sub>	0.0	10043	3.8×10 <sup>4</sup>	2.9×10 <sup>1</sup>	3.8×10 <sup>4</sup>	0.0
2	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>6</sub> → <sup>5</sup> D <sub>3</sub>	0.0	4251	1.3×10 <sup>3</sup>	7.3×10 <sup>2</sup>	5.8×10 <sup>2</sup>	0.0
3	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>6</sub> → <sup>5</sup> G <sub>6</sub>	59.5	4064	6.6×10 <sup>8</sup>	6.1×10 <sup>4</sup>	2.6×10 <sup>6</sup>	6.6×10 <sup>8</sup>
4	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>6</sub> → <sup>5</sup> L <sub>10</sub>	0.0	3516	3.8×10 <sup>4</sup>	3.6×10 <sup>4</sup>	2.2×10 <sup>3</sup>	0.0
5	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>6</sub> → <sup>5</sup> G <sub>5</sub>	6.3	2720	7.0×10 <sup>7</sup>	1.1×10 <sup>4</sup>	2.9×10 <sup>6</sup>	6.7×10 <sup>7</sup>
6	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>6</sub> → <sup>5</sup> G <sub>4</sub>	0.0	2200	2.8×10 <sup>5</sup>	7.6×10 <sup>3</sup>	2.7×10 <sup>5</sup>	0.0
7	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>6</sub> → <sup>5</sup> L <sub>9</sub>	0.0	2079	5.1×10 <sup>4</sup>	4.0×10 <sup>4</sup>	1.1×10 <sup>4</sup>	0.0
8	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>6</sub> → <sup>5</sup> G <sub>3</sub>	0.0	1510	2.6×10 <sup>3</sup>	1.4×10 <sup>3</sup>	1.1×10 <sup>3</sup>	0.0
9	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>6</sub> → <sup>5</sup> L <sub>8</sub>	0.0	1297	2.3×10 <sup>4</sup>	2.2×10 <sup>4</sup>	1.3×10 <sup>3</sup>	0.0
10	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>6</sub> → <sup>5</sup> L <sub>7</sub>	0.2	1030	1.9×10 <sup>6</sup>	1.2×10 <sup>4</sup>	1.9×10 <sup>6</sup>	9.0×10 <sup>2</sup>
11	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>6</sub> → <sup>5</sup> L <sub>6</sub>	1.9	817	2.1×10 <sup>7</sup>	0.0	0.0	2.1×10 <sup>7</sup>
12	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>6</sub> → <sup>5</sup> H <sub>7</sub>	0.0	-892	3.2×10 <sup>5</sup>	0.0	0.0	3.2×10 <sup>5</sup>
13	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>6</sub> → <sup>5</sup> H <sub>6</sub>	0.0	-2404	1.4×10 <sup>3</sup>	0.0	0.0	1.4×10 <sup>3</sup>
14	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>6</sub> → <sup>5</sup> H <sub>5</sub>	0.0	-3280	1.8×10 <sup>-7</sup>	0.0	0.0	1.8×10 <sup>-7</sup>
15	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>6</sub> → <sup>5</sup> F <sub>5</sub>	0.0	-4447	8.1×10 <sup>-2</sup>	0.0	0.0	8.1×10 <sup>-2</sup>
16	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>6</sub> → <sup>5</sup> I <sub>7</sub>	0.0	-6102	5.7×10 <sup>-7</sup>	0.0	0.0	5.7×10 <sup>-7</sup>
17	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>6</sub> → <sup>5</sup> I <sub>6</sub>	0.0	-7111	3.6×10 <sup>-8</sup>	0.0	0.0	3.6×10 <sup>-8</sup>
18	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>6</sub> → <sup>5</sup> I <sub>5</sub>	0.0	-7499	3.6×10 <sup>-10</sup>	0.0	0.0	3.6×10 <sup>-10</sup>
19	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>6</sub> → <sup>5</sup> K <sub>5</sub>	0.0	-10847	1.3×10 <sup>-19</sup>	0.0	0.0	1.3×10 <sup>-19</sup>
20	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>6</sub> → <sup>5</sup> K <sub>7</sub>	0.0	-11206	1.9×10 <sup>-27</sup>	0.0	0.0	1.9×10 <sup>-27</sup>
21	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>5</sub> → <sup>5</sup> D <sub>4</sub>	0.0	12091	3.6×10 <sup>5</sup>	1.9×10 <sup>1</sup>	9.8×10 <sup>4</sup>	2.6×10 <sup>5</sup>
22	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>5</sub> → <sup>5</sup> D <sub>3</sub>	0.0	6299	3.5×10 <sup>5</sup>	8.2×10 <sup>2</sup>	3.5×10 <sup>5</sup>	0.0
23	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>5</sub> → <sup>5</sup> G <sub>6</sub>	4.0	6112	4.4×10 <sup>7</sup>	3.1×10 <sup>3</sup>	3.1×10 <sup>6</sup>	4.1×10 <sup>7</sup>
24	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>5</sub> → <sup>5</sup> L <sub>10</sub>	0.0	5564	5.0×10 <sup>2</sup>	4.8×10 <sup>2</sup>	1.6×10 <sup>1</sup>	0.0
25	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>5</sub> → <sup>5</sup> G <sub>5</sub>	23.4	4768	2.6×10 <sup>8</sup>	3.1×10 <sup>3</sup>	1.5×10 <sup>5</sup>	2.6×10 <sup>8</sup>
26	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>5</sub> → <sup>5</sup> D <sub>2</sub>	0.0	4428	9.6×10 <sup>3</sup>	1.3×10 <sup>3</sup>	8.3×10 <sup>3</sup>	0.0
27	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>5</sub> → <sup>5</sup> G <sub>4</sub>	3.7	4248	4.1×10 <sup>7</sup>	1.3×10 <sup>3</sup>	8.9×10 <sup>5</sup>	4.0×10 <sup>7</sup>
28	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>5</sub> → <sup>5</sup> L <sub>9</sub>	0.0	4127	1.1×10 <sup>4</sup>	8.3×10 <sup>3</sup>	2.7×10 <sup>3</sup>	0.0
29	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>5</sub> → <sup>5</sup> L <sub>8</sub>	0.0	3345	2.6×10 <sup>4</sup>	1.7×10 <sup>4</sup>	8.9×10 <sup>3</sup>	0.0
30	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>5</sub> → <sup>5</sup> L <sub>7</sub>	0.0	3078	5.3×10 <sup>5</sup>	5.6×10 <sup>3</sup>	5.2×10 <sup>5</sup>	0.0
31	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>5</sub> → <sup>5</sup> I <sub>6</sub>	0.2	2865	2.4×10 <sup>6</sup>	0.0	0.0	2.4×10 <sup>6</sup>
32	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>5</sub> → <sup>5</sup> H <sub>6</sub>	0.5	-356	5.3×10 <sup>6</sup>	0.0	0.0	5.3×10 <sup>6</sup>
33	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>5</sub> → <sup>5</sup> H <sub>5</sub>	0.1	-1232	9.1×10 <sup>5</sup>	0.0	0.0	9.1×10 <sup>5</sup>
34	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>5</sub> → <sup>5</sup> H <sub>4</sub>	0.0	-1804	1.2×10 <sup>5</sup>	0.0	0.0	1.2×10 <sup>5</sup>
35	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>5</sub> → <sup>5</sup> F <sub>5</sub>	0.0	-2399	3.6×10 <sup>3</sup>	0.0	0.0	3.6×10 <sup>3</sup>
36	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>5</sub> → <sup>5</sup> F <sub>4</sub>	0.0	-2839	1.2×10 <sup>3</sup>	0.0	0.0	1.2×10 <sup>3</sup>
37	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>5</sub> → <sup>5</sup> I <sub>6</sub>	0.0	-5063	3.7×10 <sup>-4</sup>	0.0	0.0	3.7×10 <sup>-4</sup>
38	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>5</sub> → <sup>5</sup> I <sub>4</sub>	0.0	-5073	3.5×10 <sup>-7</sup>	0.0	0.0	3.5×10 <sup>-7</sup>
39	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>5</sub> → <sup>5</sup> I <sub>5</sub>	0.0	-5451	3.2×10 <sup>-6</sup>	0.0	0.0	3.2×10 <sup>-6</sup>
40	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>5</sub> → <sup>5</sup> K <sub>5</sub>	0.0	-8799	1.1×10 <sup>-14</sup>	0.0	0.0	1.1×10 <sup>-14</sup>
				<b>W<sup>S</sup></b>	1.1×10 <sup>9</sup>			
41	T <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>6</sub> → <sup>5</sup> D <sub>4</sub>	0.0	3769	5.4×10 <sup>1</sup>	4.1×10 <sup>-2</sup>	5.4×10 <sup>1</sup>	0.0

## Supporting information

42	$T_1 \rightarrow S_0$	${}^7F_6 \rightarrow {}^5D_3$	0.0	-2023	$4.6 \times 10^{-6}$	$2.6 \times 10^{-6}$	$2.0 \times 10^{-6}$	0.0
43	$T_1 \rightarrow S_0$	${}^7F_6 \rightarrow {}^5G_6$	0.0	-2210	$8.5 \times 10^3$	$7.9 \times 10^{-5}$	$3.3 \times 10^{-3}$	$8.5 \times 10^3$
44	$T_1 \rightarrow S_0$	${}^7F_6 \rightarrow {}^5L_{10}$	0.0	-2758	$2.6 \times 10^{-6}$	$2.4 \times 10^{-6}$	$1.5 \times 10^{-7}$	0.0
45	$T_1 \rightarrow S_0$	${}^7F_6 \rightarrow {}^5G_5$	0.0	-3554	$6.3 \times 10^{-1}$	$1.1 \times 10^{-8}$	$2.7 \times 10^{-6}$	$6.3 \times 10^{-1}$
46	$T_1 \rightarrow S_0$	${}^7F_6 \rightarrow {}^5G_4$	0.0	-4074	$1.6 \times 10^{-8}$	$4.4 \times 10^{-10}$	$1.6 \times 10^{-8}$	0.0
47	$T_1 \rightarrow S_0$	${}^7F_6 \rightarrow {}^5L_9$	0.0	-4195	$1.6 \times 10^{-9}$	$1.2 \times 10^{-9}$	$3.3 \times 10^{-10}$	0.0
48	$T_1 \rightarrow S_0$	${}^7F_6 \rightarrow {}^5G_3$	0.0	-4764	$3.7 \times 10^{-12}$	$2.1 \times 10^{-12}$	$1.6 \times 10^{-12}$	0.0
49	$T_1 \rightarrow S_0$	${}^7F_6 \rightarrow {}^5L_8$	0.0	-4977	$1.1 \times 10^{-11}$	$1.0 \times 10^{-11}$	$5.9 \times 10^{-13}$	0.0
50	$T_1 \rightarrow S_0$	${}^7F_6 \rightarrow {}^5L_7$	0.0	-5244	$1.2 \times 10^{-9}$	$1.3 \times 10^{-12}$	$2.1 \times 10^{-10}$	$9.8 \times 10^{-10}$
51	$T_1 \rightarrow S_0$	${}^7F_6 \rightarrow {}^5L_6$	0.0	-5457	$7.3 \times 10^{-6}$	0.0	0.0	$7.3 \times 10^{-6}$
52	$T_1 \rightarrow S_0$	${}^7F_6 \rightarrow {}^5H_7$	0.0	-7166	$8.4 \times 10^{-10}$	0.0	0.0	$8.4 \times 10^{-10}$
53	$T_1 \rightarrow S_0$	${}^7F_6 \rightarrow {}^5H_6$	0.0	-8678	$1.6 \times 10^{-12}$	0.0	0.0	$1.6 \times 10^{-12}$
54	$T_1 \rightarrow S_0$	${}^7F_6 \rightarrow {}^5H_5$	0.0	-9554	$1.3 \times 10^{-22}$	0.0	0.0	$1.3 \times 10^{-22}$
55	$T_1 \rightarrow S_0$	${}^7F_6 \rightarrow {}^5F_5$	0.0	-10721	$3.1 \times 10^{-17}$	0.0	0.0	$3.1 \times 10^{-17}$
56	$T_1 \rightarrow S_0$	${}^7F_6 \rightarrow {}^5I_7$	0.0	-12376	$9.0 \times 10^{-23}$	0.0	0.0	$9.0 \times 10^{-23}$
57	$T_1 \rightarrow S_0$	${}^7F_6 \rightarrow {}^5I_6$	0.0	-13385	$3.2 \times 10^{-24}$	0.0	0.0	$3.2 \times 10^{-24}$
58	$T_1 \rightarrow S_0$	${}^7F_6 \rightarrow {}^5I_5$	0.0	-13773	$2.7 \times 10^{-26}$	0.0	0.0	$2.7 \times 10^{-26}$
59	$T_1 \rightarrow S_0$	${}^7F_6 \rightarrow {}^5K_5$	0.0	-17121	$1.5 \times 10^{-36}$	0.0	0.0	$1.5 \times 10^{-36}$
60	$T_1 \rightarrow S_0$	${}^7F_6 \rightarrow {}^5K_7$	0.0	-17480	$1.8 \times 10^{-44}$	0.0	0.0	$1.8 \times 10^{-44}$
61	$T_1 \rightarrow S_0$	${}^7F_5 \rightarrow {}^5D_4$	26.1	5817	$1.1 \times 10^7$	$8.4 \times 10^{-2}$	$4.3 \times 10^2$	$1.1 \times 10^7$
62	$T_1 \rightarrow S_0$	${}^7F_5 \rightarrow {}^5D_3$	0.0	25	$6.6 \times 10^1$	$1.5 \times 10^{-1}$	$6.6 \times 10^1$	0.0
63	$T_1 \rightarrow S_0$	${}^7F_5 \rightarrow {}^5G_6$	73.6	-162	$3.2 \times 10^7$	$2.4 \times 10^{-1}$	$2.4 \times 10^2$	$3.2 \times 10^7$
64	$T_1 \rightarrow S_0$	${}^7F_5 \rightarrow {}^5L_{10}$	0.0	-710	$2.0 \times 10^{-3}$	$2.0 \times 10^{-3}$	$6.4 \times 10^{-5}$	0.0
65	$T_1 \rightarrow S_0$	${}^7F_5 \rightarrow {}^5G_5$	0.3	-1506	$1.5 \times 10^5$	$1.7 \times 10^{-4}$	$8.3 \times 10^{-3}$	$1.5 \times 10^5$
66	$T_1 \rightarrow S_0$	${}^7F_5 \rightarrow {}^5D_2$	0.0	-1846	$8.7 \times 10^{-5}$	$1.2 \times 10^{-5}$	$7.6 \times 10^{-5}$	0.0
67	$T_1 \rightarrow S_0$	${}^7F_5 \rightarrow {}^5G_4$	0.0	-2026	$1.4 \times 10^3$	$4.5 \times 10^{-6}$	$3.1 \times 10^{-3}$	$1.4 \times 10^3$
68	$T_1 \rightarrow S_0$	${}^7F_5 \rightarrow {}^5L_9$	0.0	-2147	$2.0 \times 10^{-5}$	$1.5 \times 10^{-5}$	$4.8 \times 10^{-6}$	0.0
69	$T_1 \rightarrow S_0$	${}^7F_5 \rightarrow {}^5L_8$	0.0	-2929	$7.0 \times 10^{-7}$	$4.6 \times 10^{-7}$	$2.4 \times 10^{-7}$	0.0
70	$T_1 \rightarrow S_0$	${}^7F_5 \rightarrow {}^5L_7$	0.0	-3196	$3.4 \times 10^{-6}$	$3.6 \times 10^{-8}$	$3.4 \times 10^{-6}$	0.0
71	$T_1 \rightarrow S_0$	${}^7F_5 \rightarrow {}^5I_6$	0.0	-3409	$5.0 \times 10^{-2}$	0.0	0.0	$5.0 \times 10^{-2}$
72	$T_1 \rightarrow S_0$	${}^7F_5 \rightarrow {}^5H_6$	0.0	-6630	$1.9 \times 10^{-8}$	0.0	0.0	$1.9 \times 10^{-8}$
73	$T_1 \rightarrow S_0$	${}^7F_5 \rightarrow {}^5H_5$	0.0	-7506	$2.0 \times 10^{-9}$	0.0	0.0	$2.0 \times 10^{-9}$
74	$T_1 \rightarrow S_0$	${}^7F_5 \rightarrow {}^5H_4$	0.0	-8078	$2.0 \times 10^{-10}$	0.0	0.0	$2.0 \times 10^{-10}$
75	$T_1 \rightarrow S_0$	${}^7F_5 \rightarrow {}^5F_5$	0.0	-8673	$4.2 \times 10^{-12}$	0.0	0.0	$4.2 \times 10^{-12}$
76	$T_1 \rightarrow S_0$	${}^7F_5 \rightarrow {}^5F_4$	0.0	-9113	$1.1 \times 10^{-12}$	0.0	0.0	$1.1 \times 10^{-12}$
77	$T_1 \rightarrow S_0$	${}^7F_5 \rightarrow {}^5I_6$	0.0	-11337	$1.0 \times 10^{-19}$	0.0	0.0	$1.0 \times 10^{-19}$
78	$T_1 \rightarrow S_0$	${}^7F_5 \rightarrow {}^5I_4$	0.0	-11347	$9.6 \times 10^{-23}$	0.0	0.0	$9.6 \times 10^{-23}$
79	$T_1 \rightarrow S_0$	${}^7F_5 \rightarrow {}^5I_5$	0.0	-11725	$7.2 \times 10^{-22}$	0.0	0.0	$7.2 \times 10^{-22}$
80	$T_1 \rightarrow S_0$	${}^7F_5 \rightarrow {}^5K_5$	0.0	-15073	$4.0 \times 10^{-31}$	0.0	0.0	$4.0 \times 10^{-31}$
				$W^T$	$3.2 \times 10^7$			
				$W^{T'}$	$1.1 \times 10^7$			

## Supporting information

**Table S6.** Backward (Tb-to-ligand) IET rates for [Tb(bpcd)(CoumA)(H<sub>2</sub>O)].

<i>p</i>	donor	acceptor	contr. (%)	$\Delta$ (cm <sup>-1</sup> )	$W_b$ (s <sup>-1</sup> )	$W_{d-d}$ (s <sup>-1</sup> )	$W_{d-m}$ (s <sup>-1</sup> )	$W_{ex}$ (s <sup>-1</sup> )
1	<sup>5</sup> D <sub>4</sub> → <sup>7</sup> F <sub>6</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-10043	4.9×10 <sup>-17</sup>	3.8×10 <sup>-20</sup>	4.9×10 <sup>-17</sup>	0.0
2	<sup>5</sup> D <sub>3</sub> → <sup>7</sup> F <sub>6</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-4251	3.0×10 <sup>-6</sup>	1.7×10 <sup>-6</sup>	1.3×10 <sup>-6</sup>	0.0
3	<sup>5</sup> G <sub>6</sub> → <sup>7</sup> F <sub>6</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-4064	2.0	1.9×10 <sup>-4</sup>	7.9×10 <sup>-3</sup>	2.0
4	<sup>5</sup> L <sub>10</sub> → <sup>7</sup> F <sub>6</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-3516	1.0×10 <sup>-3</sup>	9.4×10 <sup>-4</sup>	5.9×10 <sup>-5</sup>	0.0
5	<sup>5</sup> G <sub>5</sub> → <sup>7</sup> F <sub>6</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-2720	1.6×10 <sup>2</sup>	2.6×10 <sup>-2</sup>	6.8	1.6×10 <sup>2</sup>
6	<sup>5</sup> G <sub>4</sub> → <sup>7</sup> F <sub>6</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-2200	9.8	2.7×10 <sup>-1</sup>	9.5	0.0
7	<sup>5</sup> L <sub>9</sub> → <sup>7</sup> F <sub>6</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-2079	1.5	1.2	3.3×10 <sup>-1</sup>	0.0
8	<sup>5</sup> G <sub>3</sub> → <sup>7</sup> F <sub>6</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-1510	3.3	1.8	1.5	0.0
9	<sup>5</sup> L <sub>8</sub> → <sup>7</sup> F <sub>6</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-1297	3.4×10 <sup>1</sup>	3.2×10 <sup>1</sup>	1.9	0.0
10	<sup>5</sup> L <sub>7</sub> → <sup>7</sup> F <sub>6</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-1030	1.1×10 <sup>4</sup>	7.4×10 <sup>1</sup>	1.1×10 <sup>4</sup>	5.4
11	<sup>5</sup> L <sub>6</sub> → <sup>7</sup> F <sub>6</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-817	4.1×10 <sup>5</sup>	0.0	0.0	4.1×10 <sup>5</sup>
12	<sup>5</sup> H <sub>7</sub> → <sup>7</sup> F <sub>6</sub>	S <sub>0</sub> →S <sub>1</sub>	0.6	892	2.0×10 <sup>7</sup>	0.0	0.0	2.0×10 <sup>7</sup>
13	<sup>5</sup> H <sub>6</sub> → <sup>7</sup> F <sub>6</sub>	S <sub>0</sub> →S <sub>1</sub>	4.5	2404	1.5×10 <sup>8</sup>	0.0	0.0	1.5×10 <sup>8</sup>
14	<sup>5</sup> H <sub>5</sub> → <sup>7</sup> F <sub>6</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	3280	1.6	0.0	0.0	1.6
15	<sup>5</sup> F <sub>5</sub> → <sup>7</sup> F <sub>6</sub>	S <sub>0</sub> →S <sub>1</sub>	6.0	4447	2.0×10 <sup>8</sup>	0.0	0.0	2.0×10 <sup>8</sup>
16	<sup>5</sup> I <sub>7</sub> → <sup>7</sup> F <sub>6</sub>	S <sub>0</sub> →S <sub>1</sub>	0.1	6102	3.1×10 <sup>6</sup>	0.0	0.0	3.1×10 <sup>6</sup>
17	<sup>5</sup> I <sub>6</sub> → <sup>7</sup> F <sub>6</sub>	S <sub>0</sub> →S <sub>1</sub>	0.9	7111	2.9×10 <sup>7</sup>	0.0	0.0	2.9×10 <sup>7</sup>
18	<sup>5</sup> I <sub>5</sub> → <sup>7</sup> F <sub>6</sub>	S <sub>0</sub> →S <sub>1</sub>	0.1	7499	2.2×10 <sup>6</sup>	0.0	0.0	2.2×10 <sup>6</sup>
19	<sup>5</sup> K <sub>5</sub> → <sup>7</sup> F <sub>6</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	10847	8.0×10 <sup>3</sup>	0.0	0.0	8.0×10 <sup>3</sup>
20	<sup>5</sup> K <sub>7</sub> → <sup>7</sup> F <sub>6</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	11206	4.9×10 <sup>-4</sup>	0.0	0.0	4.9×10 <sup>-4</sup>
21	<sup>5</sup> D <sub>4</sub> → <sup>7</sup> F <sub>5</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-12091	2.0×10 <sup>-20</sup>	1.1×10 <sup>-24</sup>	5.5×10 <sup>-21</sup>	1.5×10 <sup>-20</sup>
22	<sup>5</sup> D <sub>3</sub> → <sup>7</sup> F <sub>5</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-6299	3.5×10 <sup>-8</sup>	8.1×10 <sup>-11</sup>	3.5×10 <sup>-8</sup>	0.0
23	<sup>5</sup> G <sub>6</sub> → <sup>7</sup> F <sub>5</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-6112	5.8×10 <sup>-6</sup>	4.1×10 <sup>-10</sup>	4.1×10 <sup>-7</sup>	5.4×10 <sup>-6</sup>
24	<sup>5</sup> L <sub>10</sub> → <sup>7</sup> F <sub>5</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-5564	5.7×10 <sup>-10</sup>	5.5×10 <sup>-10</sup>	1.8×10 <sup>-11</sup>	0.0
25	<sup>5</sup> G <sub>5</sub> → <sup>7</sup> F <sub>5</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-4768	2.6×10 <sup>-2</sup>	3.1×10 <sup>-7</sup>	1.5×10 <sup>-5</sup>	2.6×10 <sup>-2</sup>
26	<sup>5</sup> D <sub>2</sub> → <sup>7</sup> F <sub>5</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-4428	1.1×10 <sup>-5</sup>	1.5×10 <sup>-6</sup>	9.6×10 <sup>-6</sup>	0.0
27	<sup>5</sup> G <sub>4</sub> → <sup>7</sup> F <sub>5</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-4248	6.3×10 <sup>-2</sup>	2.0×10 <sup>-6</sup>	1.4×10 <sup>-3</sup>	6.2×10 <sup>-2</sup>
28	<sup>5</sup> L <sub>9</sub> → <sup>7</sup> F <sub>5</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-4127	1.4×10 <sup>-5</sup>	1.1×10 <sup>-5</sup>	3.5×10 <sup>-6</sup>	0.0
29	<sup>5</sup> L <sub>8</sub> → <sup>7</sup> F <sub>5</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-3345	1.6×10 <sup>-3</sup>	1.1×10 <sup>-3</sup>	5.6×10 <sup>-4</sup>	0.0
30	<sup>5</sup> L <sub>7</sub> → <sup>7</sup> F <sub>5</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-3078	1.4×10 <sup>-1</sup>	1.5×10 <sup>-3</sup>	1.4×10 <sup>-1</sup>	0.0
31	<sup>5</sup> I <sub>6</sub> → <sup>7</sup> F <sub>5</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-2865	2.0	0.0	0.0	2.0
32	<sup>5</sup> H <sub>6</sub> → <sup>7</sup> F <sub>5</sub>	S <sub>0</sub> →S <sub>1</sub>	0.7	356	2.5×10 <sup>7</sup>	0.0	0.0	2.5×10 <sup>7</sup>
33	<sup>5</sup> H <sub>5</sub> → <sup>7</sup> F <sub>5</sub>	S <sub>0</sub> →S <sub>1</sub>	10.4	1232	3.5×10 <sup>8</sup>	0.0	0.0	3.5×10 <sup>8</sup>
34	<sup>5</sup> H <sub>4</sub> → <sup>7</sup> F <sub>5</sub>	S <sub>0</sub> →S <sub>1</sub>	26.8	1804	9.0×10 <sup>8</sup>	0.0	0.0	9.0×10 <sup>8</sup>
35	<sup>5</sup> F <sub>5</sub> → <sup>7</sup> F <sub>5</sub>	S <sub>0</sub> →S <sub>1</sub>	11.4	2399	3.8×10 <sup>8</sup>	0.0	0.0	3.8×10 <sup>8</sup>
36	<sup>5</sup> F <sub>4</sub> → <sup>7</sup> F <sub>5</sub>	S <sub>0</sub> →S <sub>1</sub>	38.1	2839	1.3×10 <sup>9</sup>	0.0	0.0	1.3×10 <sup>9</sup>
37	<sup>5</sup> I <sub>6</sub> → <sup>7</sup> F <sub>5</sub>	S <sub>0</sub> →S <sub>1</sub>	0.4	5063	1.3×10 <sup>7</sup>	0.0	0.0	1.3×10 <sup>7</sup>
38	<sup>5</sup> I <sub>4</sub> → <sup>7</sup> F <sub>5</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	5073	1.8×10 <sup>4</sup>	0.0	0.0	1.8×10 <sup>4</sup>
39	<sup>5</sup> I <sub>5</sub> → <sup>7</sup> F <sub>5</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	5451	8.6×10 <sup>5</sup>	0.0	0.0	8.6×10 <sup>5</sup>
40	<sup>5</sup> K <sub>5</sub> → <sup>7</sup> F <sub>5</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	8799	3.0×10 <sup>4</sup>	0.0	0.0	3.0×10 <sup>4</sup>
				$W_b^S$	3.4×10 <sup>9</sup>			
41	<sup>5</sup> D <sub>4</sub> → <sup>7</sup> F <sub>6</sub>	S <sub>0</sub> →T <sub>1</sub>	0.0	-3769	9.8×10 <sup>-7</sup>	7.6×10 <sup>-10</sup>	9.8×10 <sup>-7</sup>	0.0

## Supporting information

42	${}^5D_3 \rightarrow {}^7F_6$	$S_0 \rightarrow T_1$	0.0	2023	$1.5 \times 10^{-1}$	$8.3 \times 10^{-2}$	$6.5 \times 10^{-2}$	0.0
43	${}^5G_6 \rightarrow {}^7F_6$	$S_0 \rightarrow T_1$	48.7	2210	$3.6 \times 10^8$	3.4	$1.4 \times 10^2$	$3.6 \times 10^8$
44	${}^5L_{10} \rightarrow {}^7F_6$	$S_0 \rightarrow T_1$	0.0	2758	$9.6 \times 10^{-1}$	$9.0 \times 10^{-1}$	$5.6 \times 10^{-2}$	0.0
45	${}^5G_5 \rightarrow {}^7F_6$	$S_0 \rightarrow T_1$	2.8	3554	$2.1 \times 10^7$	$3.5 \times 10^{-1}$	$9.1 \times 10^1$	$2.1 \times 10^7$
46	${}^5G_4 \rightarrow {}^7F_6$	$S_0 \rightarrow T_1$	0.0	4074	8.0	$2.2 \times 10^{-1}$	7.8	0.0
47	${}^5L_9 \rightarrow {}^7F_6$	$S_0 \rightarrow T_1$	0.0	4195	$6.6 \times 10^{-1}$	$5.2 \times 10^{-1}$	$1.4 \times 10^{-1}$	0.0
48	${}^5G_3 \rightarrow {}^7F_6$	$S_0 \rightarrow T_1$	0.0	4764	$6.6 \times 10^{-2}$	$3.7 \times 10^{-2}$	$2.9 \times 10^{-2}$	0.0
49	${}^5L_8 \rightarrow {}^7F_6$	$S_0 \rightarrow T_1$	0.0	4977	$2.2 \times 10^{-1}$	$2.1 \times 10^{-1}$	$1.2 \times 10^{-2}$	0.0
50	${}^5L_7 \rightarrow {}^7F_6$	$S_0 \rightarrow T_1$	0.0	5244	$1.0 \times 10^2$	$1.1 \times 10^{-1}$	$1.7 \times 10^1$	$8.3 \times 10^1$
51	${}^5L_6 \rightarrow {}^7F_6$	$S_0 \rightarrow T_1$	0.3	5457	$2.0 \times 10^6$	0.0	0.0	$2.0 \times 10^6$
52	${}^5H_7 \rightarrow {}^7F_6$	$S_0 \rightarrow T_1$	0.1	7166	$7.5 \times 10^5$	0.0	0.0	$7.5 \times 10^5$
53	${}^5H_6 \rightarrow {}^7F_6$	$S_0 \rightarrow T_1$	0.3	8678	$2.5 \times 10^6$	0.0	0.0	$2.5 \times 10^6$
54	${}^5H_5 \rightarrow {}^7F_6$	$S_0 \rightarrow T_1$	0.0	9554	$1.6 \times 10^{-2}$	0.0	0.0	$1.6 \times 10^{-2}$
55	${}^5F_5 \rightarrow {}^7F_6$	$S_0 \rightarrow T_1$	0.1	10721	$1.1 \times 10^6$	0.0	0.0	$1.1 \times 10^6$
56	${}^5I_7 \rightarrow {}^7F_6$	$S_0 \rightarrow T_1$	0.0	12376	$6.7 \times 10^3$	0.0	0.0	$6.7 \times 10^3$
57	${}^5I_6 \rightarrow {}^7F_6$	$S_0 \rightarrow T_1$	0.0	13385	$3.6 \times 10^4$	0.0	0.0	$3.6 \times 10^4$
58	${}^5I_5 \rightarrow {}^7F_6$	$S_0 \rightarrow T_1$	0.0	13773	$2.3 \times 10^3$	0.0	0.0	$2.3 \times 10^3$
59	${}^5K_5 \rightarrow {}^7F_6$	$S_0 \rightarrow T_1$	0.0	17121	1.3	0.0	0.0	1.3
60	${}^5K_7 \rightarrow {}^7F_6$	$S_0 \rightarrow T_1$	0.0	17480	$6.8 \times 10^{-8}$	0.0	0.0	$6.8 \times 10^{-8}$
61	${}^5D_4 \rightarrow {}^7F_5$	$S_0 \rightarrow T_1$	0.0	-5817	$8.9 \times 10^{-6}$	$6.6 \times 10^{-14}$	$3.4 \times 10^{-10}$	$8.9 \times 10^{-6}$
62	${}^5D_3 \rightarrow {}^7F_5$	$S_0 \rightarrow T_1$	0.0	-25	$9.2 \times 10^1$	$2.1 \times 10^{-1}$	$9.2 \times 10^1$	0.0
63	${}^5G_6 \rightarrow {}^7F_5$	$S_0 \rightarrow T_1$	7.9	162	$5.9 \times 10^7$	$4.5 \times 10^{-1}$	$4.4 \times 10^2$	$5.9 \times 10^7$
64	${}^5L_{10} \rightarrow {}^7F_5$	$S_0 \rightarrow T_1$	0.0	710	$3.3 \times 10^{-2}$	$3.2 \times 10^{-2}$	$1.0 \times 10^{-3}$	0.0
65	${}^5G_5 \rightarrow {}^7F_5$	$S_0 \rightarrow T_1$	28.2	1506	$2.1 \times 10^8$	$2.5 \times 10^{-1}$	$1.2 \times 10^1$	$2.1 \times 10^8$
66	${}^5D_2 \rightarrow {}^7F_5$	$S_0 \rightarrow T_1$	0.0	1846	1.4	$1.9 \times 10^{-1}$	1.2	0.0
67	${}^5G_4 \rightarrow {}^7F_5$	$S_0 \rightarrow T_1$	4.0	2026	$3.0 \times 10^7$	$9.7 \times 10^{-2}$	$6.7 \times 10^1$	$3.0 \times 10^7$
68	${}^5L_9 \rightarrow {}^7F_5$	$S_0 \rightarrow T_1$	0.0	2147	$3.6 \times 10^{-1}$	$2.7 \times 10^{-1}$	$8.8 \times 10^{-2}$	0.0
69	${}^5L_8 \rightarrow {}^7F_5$	$S_0 \rightarrow T_1$	0.0	2929	$6.2 \times 10^{-1}$	$4.1 \times 10^{-1}$	$2.2 \times 10^{-1}$	0.0
70	${}^5L_7 \rightarrow {}^7F_5$	$S_0 \rightarrow T_1$	0.0	3196	$1.2 \times 10^1$	$1.3 \times 10^{-1}$	$1.2 \times 10^1$	0.0
71	${}^5L_6 \rightarrow {}^7F_5$	$S_0 \rightarrow T_1$	0.1	3409	$5.9 \times 10^5$	0.0	0.0	$5.9 \times 10^5$
72	${}^5H_6 \rightarrow {}^7F_5$	$S_0 \rightarrow T_1$	0.2	6630	$1.2 \times 10^6$	0.0	0.0	$1.2 \times 10^6$
73	${}^5H_5 \rightarrow {}^7F_5$	$S_0 \rightarrow T_1$	1.5	7506	$1.1 \times 10^7$	0.0	0.0	$1.1 \times 10^7$
74	${}^5H_4 \rightarrow {}^7F_5$	$S_0 \rightarrow T_1$	2.8	8078	$2.0 \times 10^7$	0.0	0.0	$2.0 \times 10^7$
75	${}^5F_5 \rightarrow {}^7F_5$	$S_0 \rightarrow T_1$	0.8	8673	$6.3 \times 10^6$	0.0	0.0	$6.3 \times 10^6$
76	${}^5F_4 \rightarrow {}^7F_5$	$S_0 \rightarrow T_1$	2.2	9113	$1.7 \times 10^7$	0.0	0.0	$1.7 \times 10^7$
77	${}^5I_6 \rightarrow {}^7F_5$	$S_0 \rightarrow T_1$	0.0	11337	$4.9 \times 10^4$	0.0	0.0	$4.9 \times 10^4$
78	${}^5I_4 \rightarrow {}^7F_5$	$S_0 \rightarrow T_1$	0.0	11347	$7.0 \times 10^1$	0.0	0.0	$7.0 \times 10^1$
79	${}^5I_5 \rightarrow {}^7F_5$	$S_0 \rightarrow T_1$	0.0	11725	$2.7 \times 10^3$	0.0	0.0	$2.7 \times 10^3$
80	${}^5K_5 \rightarrow {}^7F_5$	$S_0 \rightarrow T_1$	0.0	15073	$1.5 \times 10^1$	0.0	0.0	$1.5 \times 10^1$
				$W_b^T$	$7.4 \times 10^8$			
				$W_b^{T'}$	$9.8 \times 10^{-6}$			

## Supporting information

**Table S7.** Forward (ligand-to-Tb) IET rates for [Tb(bpcd)(CoumB)(H<sub>2</sub>O)].

<i>p</i>	donor	acceptor	contr. (%)	$\Delta$ (cm <sup>-1</sup> )	$W$ (s <sup>-1</sup> )	$W_{d-d}$ (s <sup>-1</sup> )	$W_{d-m}$ (s <sup>-1</sup> )	$W_{ex}$ (s <sup>-1</sup> )
1	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>6</sub> → <sup>5</sup> D <sub>4</sub>	0.0	9916	4.5×10 <sup>4</sup>	3.2×10 <sup>1</sup>	4.5×10 <sup>4</sup>	0.0
2	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>6</sub> → <sup>5</sup> D <sub>3</sub>	0.0	4124	1.5×10 <sup>3</sup>	7.5×10 <sup>2</sup>	7.5×10 <sup>2</sup>	0.0
3	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>6</sub> → <sup>5</sup> G <sub>6</sub>	59.7	3937	8.3×10 <sup>8</sup>	6.2×10 <sup>4</sup>	2.9×10 <sup>6</sup>	8.3×10 <sup>8</sup>
4	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>6</sub> → <sup>5</sup> L <sub>10</sub>	0.0	3389	3.9×10 <sup>4</sup>	3.6×10 <sup>4</sup>	2.9×10 <sup>3</sup>	0.0
5	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>6</sub> → <sup>5</sup> G <sub>5</sub>	6.2	2593	8.6×10 <sup>7</sup>	1.1×10 <sup>4</sup>	3.2×10 <sup>6</sup>	8.3×10 <sup>7</sup>
6	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>6</sub> → <sup>5</sup> G <sub>4</sub>	0.0	2073	3.0×10 <sup>5</sup>	7.6×10 <sup>3</sup>	2.9×10 <sup>5</sup>	0.0
7	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>6</sub> → <sup>5</sup> L <sub>9</sub>	0.0	1952	5.4×10 <sup>4</sup>	4.0×10 <sup>4</sup>	1.4×10 <sup>4</sup>	0.0
8	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>6</sub> → <sup>5</sup> G <sub>3</sub>	0.0	1383	2.9×10 <sup>3</sup>	1.4×10 <sup>3</sup>	1.4×10 <sup>3</sup>	0.0
9	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>6</sub> → <sup>5</sup> L <sub>8</sub>	0.0	1170	2.4×10 <sup>4</sup>	2.2×10 <sup>4</sup>	1.7×10 <sup>3</sup>	0.0
10	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>6</sub> → <sup>5</sup> L <sub>7</sub>	0.1	903	2.0×10 <sup>6</sup>	1.2×10 <sup>4</sup>	2.0×10 <sup>6</sup>	1.1×10 <sup>3</sup>
11	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>6</sub> → <sup>5</sup> L <sub>6</sub>	1.8	690	2.6×10 <sup>7</sup>	0.0	0.0	2.6×10 <sup>7</sup>
12	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>6</sub> → <sup>5</sup> H <sub>7</sub>	0.0	-1019	2.0×10 <sup>5</sup>	0.0	0.0	2.0×10 <sup>5</sup>
13	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>6</sub> → <sup>5</sup> H <sub>6</sub>	0.0	-2531	8.8×10 <sup>2</sup>	0.0	0.0	8.8×10 <sup>2</sup>
14	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>6</sub> → <sup>5</sup> H <sub>5</sub>	0.0	-3407	1.1×10 <sup>-7</sup>	0.0	0.0	1.1×10 <sup>-7</sup>
15	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>6</sub> → <sup>5</sup> F <sub>5</sub>	0.0	-4574	5.0×10 <sup>-2</sup>	0.0	0.0	5.0×10 <sup>-2</sup>
16	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>6</sub> → <sup>5</sup> I <sub>7</sub>	0.0	-6229	3.5×10 <sup>-7</sup>	0.0	0.0	3.5×10 <sup>-7</sup>
17	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>6</sub> → <sup>5</sup> I <sub>6</sub>	0.0	-7238	2.2×10 <sup>-8</sup>	0.0	0.0	2.2×10 <sup>-8</sup>
18	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>6</sub> → <sup>5</sup> I <sub>5</sub>	0.0	-7626	2.2×10 <sup>-10</sup>	0.0	0.0	2.2×10 <sup>-10</sup>
19	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>6</sub> → <sup>5</sup> K <sub>5</sub>	0.0	-10974	7.3×10 <sup>-20</sup>	0.0	0.0	7.3×10 <sup>-20</sup>
20	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>6</sub> → <sup>5</sup> K <sub>7</sub>	0.0	-11333	1.1×10 <sup>-27</sup>	0.0	0.0	1.1×10 <sup>-27</sup>
21	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>5</sub> → <sup>5</sup> D <sub>4</sub>	0.0	11964	4.8×10 <sup>5</sup>	2.2×10 <sup>1</sup>	1.2×10 <sup>5</sup>	3.6×10 <sup>5</sup>
22	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>5</sub> → <sup>5</sup> D <sub>3</sub>	0.0	6172	4.0×10 <sup>5</sup>	8.6×10 <sup>2</sup>	4.0×10 <sup>5</sup>	0.0
23	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>5</sub> → <sup>5</sup> G <sub>6</sub>	4.1	5985	5.7×10 <sup>7</sup>	3.3×10 <sup>3</sup>	3.5×10 <sup>6</sup>	5.3×10 <sup>7</sup>
24	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>5</sub> → <sup>5</sup> L <sub>10</sub>	0.0	5437	5.2×10 <sup>2</sup>	5.0×10 <sup>2</sup>	2.2×10 <sup>1</sup>	0.0
25	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>5</sub> → <sup>5</sup> G <sub>5</sub>	23.7	4641	3.3×10 <sup>8</sup>	3.2×10 <sup>3</sup>	1.6×10 <sup>5</sup>	3.3×10 <sup>8</sup>
26	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>5</sub> → <sup>5</sup> D <sub>2</sub>	0.0	4301	1.2×10 <sup>4</sup>	1.3×10 <sup>3</sup>	1.1×10 <sup>4</sup>	0.0
27	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>5</sub> → <sup>5</sup> G <sub>4</sub>	3.7	4121	5.2×10 <sup>7</sup>	1.3×10 <sup>3</sup>	9.9×10 <sup>5</sup>	5.1×10 <sup>7</sup>
28	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>5</sub> → <sup>5</sup> L <sub>9</sub>	0.0	4000	1.2×10 <sup>4</sup>	8.5×10 <sup>3</sup>	3.5×10 <sup>3</sup>	0.0
29	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>5</sub> → <sup>5</sup> L <sub>8</sub>	0.0	3218	2.9×10 <sup>4</sup>	1.7×10 <sup>4</sup>	1.1×10 <sup>4</sup>	0.0
30	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>5</sub> → <sup>5</sup> L <sub>7</sub>	0.0	2951	5.8×10 <sup>5</sup>	5.7×10 <sup>3</sup>	5.7×10 <sup>5</sup>	0.0
31	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>5</sub> → <sup>5</sup> I <sub>6</sub>	0.2	2738	3.0×10 <sup>6</sup>	0.0	0.0	3.0×10 <sup>6</sup>
32	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>5</sub> → <sup>5</sup> H <sub>6</sub>	0.2	-483	3.5×10 <sup>6</sup>	0.0	0.0	3.5×10 <sup>6</sup>
33	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>5</sub> → <sup>5</sup> H <sub>5</sub>	0.0	-1359	5.9×10 <sup>5</sup>	0.0	0.0	5.9×10 <sup>5</sup>
34	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>5</sub> → <sup>5</sup> H <sub>4</sub>	0.0	-1931	7.8×10 <sup>4</sup>	0.0	0.0	7.8×10 <sup>4</sup>
35	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>5</sub> → <sup>5</sup> F <sub>5</sub>	0.0	-2526	2.3×10 <sup>3</sup>	0.0	0.0	2.3×10 <sup>3</sup>
36	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>5</sub> → <sup>5</sup> F <sub>4</sub>	0.0	-2966	7.5×10 <sup>2</sup>	0.0	0.0	7.5×10 <sup>2</sup>
37	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>5</sub> → <sup>5</sup> I <sub>6</sub>	0.0	-5190	2.3×10 <sup>-4</sup>	0.0	0.0	2.3×10 <sup>-4</sup>
38	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>5</sub> → <sup>5</sup> I <sub>4</sub>	0.0	-5200	2.2×10 <sup>-7</sup>	0.0	0.0	2.2×10 <sup>-7</sup>
39	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>5</sub> → <sup>5</sup> I <sub>5</sub>	0.0	-5578	2.0×10 <sup>-6</sup>	0.0	0.0	2.0×10 <sup>-6</sup>
40	S <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>5</sub> → <sup>5</sup> K <sub>5</sub>	0.0	-8926	6.6×10 <sup>-15</sup>	0.0	0.0	6.6×10 <sup>-15</sup>
				<b>W<sup>S</sup></b>	1.4×10 <sup>9</sup>			
41	T <sub>1</sub> →S <sub>0</sub>	<sup>7</sup> F <sub>6</sub> → <sup>5</sup> D <sub>4</sub>	0.0	3479	5.6×10 <sup>1</sup>	4.2×10 <sup>-2</sup>	5.6×10 <sup>1</sup>	0.0

## Supporting information

42	$T_1 \rightarrow S_0$	${}^7F_6 \rightarrow {}^5D_3$	0.0	-2313	$1.0 \times 10^{-6}$	$5.4 \times 10^{-7}$	$5.0 \times 10^{-7}$	0.0
43	$T_1 \rightarrow S_0$	${}^7F_6 \rightarrow {}^5G_6$	0.0	-2500	$2.1 \times 10^3$	$1.7 \times 10^{-5}$	$7.4 \times 10^{-4}$	$2.1 \times 10^3$
44	$T_1 \rightarrow S_0$	${}^7F_6 \rightarrow {}^5L_{10}$	0.0	-3048	$5.4 \times 10^{-7}$	$5.0 \times 10^{-7}$	$3.7 \times 10^{-8}$	0.0
45	$T_1 \rightarrow S_0$	${}^7F_6 \rightarrow {}^5G_5$	0.0	-3844	$1.5 \times 10^{-1}$	$2.2 \times 10^{-9}$	$5.9 \times 10^{-7}$	$1.5 \times 10^{-1}$
46	$T_1 \rightarrow S_0$	${}^7F_6 \rightarrow {}^5G_4$	0.0	-4364	$3.4 \times 10^{-9}$	$8.8 \times 10^{-11}$	$3.3 \times 10^{-9}$	0.0
47	$T_1 \rightarrow S_0$	${}^7F_6 \rightarrow {}^5L_9$	0.0	-4485	$3.2 \times 10^{-10}$	$2.4 \times 10^{-10}$	$7.7 \times 10^{-11}$	0.0
48	$T_1 \rightarrow S_0$	${}^7F_6 \rightarrow {}^5G_3$	0.0	-5054	$7.8 \times 10^{-13}$	$4.1 \times 10^{-13}$	$3.8 \times 10^{-13}$	0.0
49	$T_1 \rightarrow S_0$	${}^7F_6 \rightarrow {}^5L_8$	0.0	-5267	$2.1 \times 10^{-12}$	$2.0 \times 10^{-12}$	$1.4 \times 10^{-13}$	0.0
50	$T_1 \rightarrow S_0$	${}^7F_6 \rightarrow {}^5L_7$	0.0	-5534	$2.6 \times 10^{-10}$	$2.6 \times 10^{-13}$	$4.2 \times 10^{-11}$	$2.2 \times 10^{-10}$
51	$T_1 \rightarrow S_0$	${}^7F_6 \rightarrow {}^5L_6$	0.0	-5747	$1.6 \times 10^{-6}$	0.0	0.0	$1.6 \times 10^{-6}$
52	$T_1 \rightarrow S_0$	${}^7F_6 \rightarrow {}^5H_7$	0.0	-7456	$1.8 \times 10^{-10}$	0.0	0.0	$1.8 \times 10^{-10}$
53	$T_1 \rightarrow S_0$	${}^7F_6 \rightarrow {}^5H_6$	0.0	-8968	$3.3 \times 10^{-13}$	0.0	0.0	$3.3 \times 10^{-13}$
54	$T_1 \rightarrow S_0$	${}^7F_6 \rightarrow {}^5H_5$	0.0	-9844	$2.6 \times 10^{-23}$	0.0	0.0	$2.6 \times 10^{-23}$
55	$T_1 \rightarrow S_0$	${}^7F_6 \rightarrow {}^5F_5$	0.0	-11011	$6.1 \times 10^{-18}$	0.0	0.0	$6.1 \times 10^{-18}$
56	$T_1 \rightarrow S_0$	${}^7F_6 \rightarrow {}^5I_7$	0.0	-12666	$1.7 \times 10^{-23}$	0.0	0.0	$1.7 \times 10^{-23}$
57	$T_1 \rightarrow S_0$	${}^7F_6 \rightarrow {}^5I_6$	0.0	-13675	$5.9 \times 10^{-25}$	0.0	0.0	$5.9 \times 10^{-25}$
58	$T_1 \rightarrow S_0$	${}^7F_6 \rightarrow {}^5I_5$	0.0	-14063	$4.8 \times 10^{-27}$	0.0	0.0	$4.8 \times 10^{-27}$
59	$T_1 \rightarrow S_0$	${}^7F_6 \rightarrow {}^5K_5$	0.0	-17411	$2.5 \times 10^{-37}$	0.0	0.0	$2.5 \times 10^{-37}$
60	$T_1 \rightarrow S_0$	${}^7F_6 \rightarrow {}^5K_7$	0.0	-17770	$3.0 \times 10^{-45}$	0.0	0.0	$3.0 \times 10^{-45}$
61	$T_1 \rightarrow S_0$	${}^7F_5 \rightarrow {}^5D_4$	62.4	5527	$1.4 \times 10^7$	$9.1 \times 10^{-2}$	$4.7 \times 10^2$	$1.4 \times 10^7$
62	$T_1 \rightarrow S_0$	${}^7F_5 \rightarrow {}^5D_3$	0.0	-265	$1.7 \times 10^1$	$3.8 \times 10^{-2}$	$1.7 \times 10^1$	0.0
63	$T_1 \rightarrow S_0$	${}^7F_5 \rightarrow {}^5G_6$	37.4	-452	$8.1 \times 10^6$	$5.4 \times 10^{-2}$	$5.6 \times 10^1$	$8.1 \times 10^6$
64	$T_1 \rightarrow S_0$	${}^7F_5 \rightarrow {}^5L_{10}$	0.0	-1000	$4.4 \times 10^{-4}$	$4.3 \times 10^{-4}$	$1.7 \times 10^{-5}$	0.0
65	$T_1 \rightarrow S_0$	${}^7F_5 \rightarrow {}^5G_5$	0.2	-1796	$3.6 \times 10^4$	$3.7 \times 10^{-5}$	$1.9 \times 10^{-3}$	$3.6 \times 10^4$
66	$T_1 \rightarrow S_0$	${}^7F_5 \rightarrow {}^5D_2$	0.0	-2136	$2.1 \times 10^{-5}$	$2.5 \times 10^{-6}$	$1.9 \times 10^{-5}$	0.0
67	$T_1 \rightarrow S_0$	${}^7F_5 \rightarrow {}^5G_4$	0.0	-2316	$3.4 \times 10^2$	$9.5 \times 10^{-7}$	$6.9 \times 10^{-4}$	$3.4 \times 10^2$
68	$T_1 \rightarrow S_0$	${}^7F_5 \rightarrow {}^5L_9$	0.0	-2437	$4.3 \times 10^{-6}$	$3.2 \times 10^{-6}$	$1.2 \times 10^{-6}$	0.0
69	$T_1 \rightarrow S_0$	${}^7F_5 \rightarrow {}^5L_8$	0.0	-3219	$1.5 \times 10^{-7}$	$9.5 \times 10^{-8}$	$5.8 \times 10^{-8}$	0.0
70	$T_1 \rightarrow S_0$	${}^7F_5 \rightarrow {}^5L_7$	0.0	-3486	$7.4 \times 10^{-7}$	$7.5 \times 10^{-9}$	$7.3 \times 10^{-7}$	0.0
71	$T_1 \rightarrow S_0$	${}^7F_5 \rightarrow {}^5I_6$	0.0	-3699	$1.2 \times 10^{-2}$	0.0	0.0	$1.2 \times 10^{-2}$
72	$T_1 \rightarrow S_0$	${}^7F_5 \rightarrow {}^5H_6$	0.0	-6920	$4.1 \times 10^{-9}$	0.0	0.0	$4.1 \times 10^{-9}$
73	$T_1 \rightarrow S_0$	${}^7F_5 \rightarrow {}^5H_5$	0.0	-7796	$4.3 \times 10^{-10}$	0.0	0.0	$4.3 \times 10^{-10}$
74	$T_1 \rightarrow S_0$	${}^7F_5 \rightarrow {}^5H_4$	0.0	-8368	$4.1 \times 10^{-11}$	0.0	0.0	$4.1 \times 10^{-11}$
75	$T_1 \rightarrow S_0$	${}^7F_5 \rightarrow {}^5F_5$	0.0	-8963	$8.7 \times 10^{-13}$	0.0	0.0	$8.7 \times 10^{-13}$
76	$T_1 \rightarrow S_0$	${}^7F_5 \rightarrow {}^5F_4$	0.0	-9403	$2.2 \times 10^{-13}$	0.0	0.0	$2.2 \times 10^{-13}$
77	$T_1 \rightarrow S_0$	${}^7F_5 \rightarrow {}^5I_6$	0.0	-11627	$1.9 \times 10^{-20}$	0.0	0.0	$1.9 \times 10^{-20}$
78	$T_1 \rightarrow S_0$	${}^7F_5 \rightarrow {}^5I_4$	0.0	-11637	$1.8 \times 10^{-23}$	0.0	0.0	$1.8 \times 10^{-23}$
79	$T_1 \rightarrow S_0$	${}^7F_5 \rightarrow {}^5I_5$	0.0	-12015	$1.4 \times 10^{-22}$	0.0	0.0	$1.4 \times 10^{-22}$
80	$T_1 \rightarrow S_0$	${}^7F_5 \rightarrow {}^5K_5$	0.0	-15363	$7.0 \times 10^{-22}$	0.0	0.0	$7.0 \times 10^{-32}$
				$W^T$	$8.2 \times 10^6$			
				$W^{T'}$	$1.4 \times 10^7$			

## Supporting information

**Table S8.** Backward (Tb-to-ligand) IET rates for [Tb(bpcd)(CoumB)(H<sub>2</sub>O)].

<i>p</i>	donor	acceptor	contr. (%)	$\Delta$ (cm <sup>-1</sup> )	$W_b$ (s <sup>-1</sup> )	$W_{d-d}$ (s <sup>-1</sup> )	$W_{d-m}$ (s <sup>-1</sup> )	$W_{ex}$ (s <sup>-1</sup> )
1	<sup>5</sup> D <sub>4</sub> → <sup>7</sup> F <sub>6</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-9916	1.1×10 <sup>-16</sup>	7.7×10 <sup>-20</sup>	1.1×10 <sup>-16</sup>	0.0
2	<sup>5</sup> D <sub>3</sub> → <sup>7</sup> F <sub>6</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-4124	6.3×10 <sup>-6</sup>	3.2×10 <sup>-6</sup>	3.2×10 <sup>-6</sup>	0.0
3	<sup>5</sup> G <sub>6</sub> → <sup>7</sup> F <sub>6</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-3937	4.7	3.5×10 <sup>-4</sup>	1.6×10 <sup>-2</sup>	4.6
4	<sup>5</sup> L <sub>10</sub> → <sup>7</sup> F <sub>6</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-3389	1.9×10 <sup>-3</sup>	1.8×10 <sup>-3</sup>	1.4×10 <sup>-4</sup>	0.0
5	<sup>5</sup> G <sub>5</sub> → <sup>7</sup> F <sub>6</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-2593	3.8×10 <sup>2</sup>	4.9×10 <sup>-2</sup>	1.4×10 <sup>1</sup>	3.6×10 <sup>2</sup>
6	<sup>5</sup> G <sub>4</sub> → <sup>7</sup> F <sub>6</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-2073	2.0×10 <sup>1</sup>	4.9×10 <sup>-1</sup>	1.9×10 <sup>1</sup>	0.0
7	<sup>5</sup> L <sub>9</sub> → <sup>7</sup> F <sub>6</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-1952	3.0	2.2	7.6×10 <sup>-1</sup>	0.0
8	<sup>5</sup> G <sub>3</sub> → <sup>7</sup> F <sub>6</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-1383	6.7	3.4	3.4	0.0
9	<sup>5</sup> L <sub>8</sub> → <sup>7</sup> F <sub>6</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-1170	6.4×10 <sup>1</sup>	5.9×10 <sup>1</sup>	4.5	0.0
10	<sup>5</sup> L <sub>7</sub> → <sup>7</sup> F <sub>6</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-903	2.3×10 <sup>4</sup>	1.4×10 <sup>2</sup>	2.3×10 <sup>4</sup>	1.2×10 <sup>1</sup>
11	<sup>5</sup> L <sub>6</sub> → <sup>7</sup> F <sub>6</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-690	9.2×10 <sup>5</sup>	0.0	0.0	9.2×10 <sup>5</sup>
12	<sup>5</sup> H <sub>7</sub> → <sup>7</sup> F <sub>6</sub>	S <sub>0</sub> →S <sub>1</sub>	0.6	1019	2.4×10 <sup>7</sup>	0.0	0.0	2.4×10 <sup>7</sup>
13	<sup>5</sup> H <sub>6</sub> → <sup>7</sup> F <sub>6</sub>	S <sub>0</sub> →S <sub>1</sub>	4.5	2531	1.8×10 <sup>8</sup>	0.0	0.0	1.8×10 <sup>8</sup>
14	<sup>5</sup> H <sub>5</sub> → <sup>7</sup> F <sub>6</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	3407	1.9	0.0	0.0	1.9
15	<sup>5</sup> F <sub>5</sub> → <sup>7</sup> F <sub>6</sub>	S <sub>0</sub> →S <sub>1</sub>	5.8	4574	2.3×10 <sup>8</sup>	0.0	0.0	2.3×10 <sup>8</sup>
16	<sup>5</sup> I <sub>7</sub> → <sup>7</sup> F <sub>6</sub>	S <sub>0</sub> →S <sub>1</sub>	0.1	6229	3.4×10 <sup>6</sup>	0.0	0.0	3.4×10 <sup>6</sup>
17	<sup>5</sup> I <sub>6</sub> → <sup>7</sup> F <sub>6</sub>	S <sub>0</sub> →S <sub>1</sub>	0.8	7238	3.2×10 <sup>7</sup>	0.0	0.0	3.2×10 <sup>7</sup>
18	<sup>5</sup> I <sub>5</sub> → <sup>7</sup> F <sub>6</sub>	S <sub>0</sub> →S <sub>1</sub>	0.1	7626	2.5×10 <sup>6</sup>	0.0	0.0	2.5×10 <sup>6</sup>
19	<sup>5</sup> K <sub>5</sub> → <sup>7</sup> F <sub>6</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	10974	8.6×10 <sup>3</sup>	0.0	0.0	8.6×10 <sup>3</sup>
20	<sup>5</sup> K <sub>7</sub> → <sup>7</sup> F <sub>6</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	11333	5.3×10 <sup>-4</sup>	0.0	0.0	5.3×10 <sup>-4</sup>
21	<sup>5</sup> D <sub>4</sub> → <sup>7</sup> F <sub>5</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-11964	4.9×10 <sup>-20</sup>	2.3×10 <sup>-24</sup>	1.2×10 <sup>-20</sup>	3.7×10 <sup>-20</sup>
22	<sup>5</sup> D <sub>3</sub> → <sup>7</sup> F <sub>5</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-6172	7.4×10 <sup>-8</sup>	1.6×10 <sup>-10</sup>	7.3×10 <sup>-8</sup>	0.0
23	<sup>5</sup> G <sub>6</sub> → <sup>7</sup> F <sub>5</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-5985	1.4×10 <sup>-5</sup>	8.0×10 <sup>-10</sup>	8.5×10 <sup>-7</sup>	1.3×10 <sup>-5</sup>
24	<sup>5</sup> L <sub>10</sub> → <sup>7</sup> F <sub>5</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-5437	1.1×10 <sup>-9</sup>	1.1×10 <sup>-9</sup>	4.7×10 <sup>-11</sup>	0.0
25	<sup>5</sup> G <sub>5</sub> → <sup>7</sup> F <sub>5</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-4641	6.2×10 <sup>-2</sup>	5.9×10 <sup>-7</sup>	3.1×10 <sup>-5</sup>	6.2×10 <sup>-2</sup>
26	<sup>5</sup> D <sub>2</sub> → <sup>7</sup> F <sub>5</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-4301	2.6×10 <sup>-5</sup>	2.8×10 <sup>-6</sup>	2.3×10 <sup>-5</sup>	0.0
27	<sup>5</sup> G <sub>4</sub> → <sup>7</sup> F <sub>5</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-4121	1.5×10 <sup>-1</sup>	3.8×10 <sup>-6</sup>	2.8×10 <sup>-3</sup>	1.4×10 <sup>-1</sup>
28	<sup>5</sup> L <sub>9</sub> → <sup>7</sup> F <sub>5</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-4000	2.9×10 <sup>-5</sup>	2.0×10 <sup>-5</sup>	8.3×10 <sup>-6</sup>	0.0
29	<sup>5</sup> L <sub>8</sub> → <sup>7</sup> F <sub>5</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-3218	3.3×10 <sup>-3</sup>	2.0×10 <sup>-3</sup>	1.3×10 <sup>-3</sup>	0.0
30	<sup>5</sup> L <sub>7</sub> → <sup>7</sup> F <sub>5</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-2951	2.8×10 <sup>-1</sup>	2.7×10 <sup>-3</sup>	2.7×10 <sup>-1</sup>	0.0
31	<sup>5</sup> I <sub>6</sub> → <sup>7</sup> F <sub>5</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	-2738	4.7	0.0	0.0	4.7
32	<sup>5</sup> H <sub>6</sub> → <sup>7</sup> F <sub>5</sub>	S <sub>0</sub> →S <sub>1</sub>	0.8	483	3.0×10 <sup>7</sup>	0.0	0.0	3.0×10 <sup>7</sup>
33	<sup>5</sup> H <sub>5</sub> → <sup>7</sup> F <sub>5</sub>	S <sub>0</sub> →S <sub>1</sub>	10.5	1359	4.1×10 <sup>8</sup>	0.0	0.0	4.1×10 <sup>8</sup>
34	<sup>5</sup> H <sub>4</sub> → <sup>7</sup> F <sub>5</sub>	S <sub>0</sub> →S <sub>1</sub>	27.0	1931	1.1×10 <sup>9</sup>	0.0	0.0	1.1×10 <sup>9</sup>
35	<sup>5</sup> F <sub>5</sub> → <sup>7</sup> F <sub>5</sub>	S <sub>0</sub> →S <sub>1</sub>	11.4	2526	4.5×10 <sup>8</sup>	0.0	0.0	4.5×10 <sup>8</sup>
36	<sup>5</sup> F <sub>4</sub> → <sup>7</sup> F <sub>5</sub>	S <sub>0</sub> →S <sub>1</sub>	38.0	2966	1.5×10 <sup>9</sup>	0.0	0.0	1.5×10 <sup>9</sup>
37	<sup>5</sup> I <sub>6</sub> → <sup>7</sup> F <sub>5</sub>	S <sub>0</sub> →S <sub>1</sub>	0.4	5190	1.4×10 <sup>7</sup>	0.0	0.0	1.4×10 <sup>7</sup>
38	<sup>5</sup> I <sub>4</sub> → <sup>7</sup> F <sub>5</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	5200	2.1×10 <sup>4</sup>	0.0	0.0	2.1×10 <sup>4</sup>
39	<sup>5</sup> I <sub>5</sub> → <sup>7</sup> F <sub>5</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	5578	9.8×10 <sup>5</sup>	0.0	0.0	9.8×10 <sup>5</sup>
40	<sup>5</sup> K <sub>5</sub> → <sup>7</sup> F <sub>5</sub>	S <sub>0</sub> →S <sub>1</sub>	0.0	8926	3.3×10 <sup>4</sup>	0.0	0.0	3.3×10 <sup>4</sup>
				$W_b^S$	3.9×10 <sup>9</sup>			
41	<sup>5</sup> D <sub>4</sub> → <sup>7</sup> F <sub>6</sub>	S <sub>0</sub> →T <sub>1</sub>	0.0	-3479	4.2×10 <sup>-6</sup>	3.1×10 <sup>-9</sup>	4.2×10 <sup>-6</sup>	0.0

## Supporting information

42	${}^5D_3 \rightarrow {}^7F_6$	$S_0 \rightarrow T_1$	0.0	2313	$1.4 \times 10^{-1}$	$7.1 \times 10^{-2}$	$6.5 \times 10^{-2}$	0.0
43	${}^5G_6 \rightarrow {}^7F_6$	$S_0 \rightarrow T_1$	48.8	2500	$3.6 \times 10^8$	2.9	$1.3 \times 10^2$	$3.6 \times 10^8$
44	${}^5L_{10} \rightarrow {}^7F_6$	$S_0 \rightarrow T_1$	0.0	3048	$8.1 \times 10^{-1}$	$7.6 \times 10^{-1}$	$5.6 \times 10^{-2}$	0.0
45	${}^5G_5 \rightarrow {}^7F_6$	$S_0 \rightarrow T_1$	2.7	3844	$2.0 \times 10^7$	$2.9 \times 10^{-1}$	$7.9 \times 10^1$	$2.0 \times 10^7$
46	${}^5G_4 \rightarrow {}^7F_6$	$S_0 \rightarrow T_1$	0.0	4364	6.9	$1.8 \times 10^{-1}$	6.7	0.0
47	${}^5L_9 \rightarrow {}^7F_6$	$S_0 \rightarrow T_1$	0.0	4485	$5.5 \times 10^{-1}$	$4.2 \times 10^{-1}$	$1.3 \times 10^{-1}$	0.0
48	${}^5G_3 \rightarrow {}^7F_6$	$S_0 \rightarrow T_1$	0.0	5054	$5.7 \times 10^{-2}$	$3.0 \times 10^{-2}$	$2.7 \times 10^{-2}$	0.0
49	${}^5L_8 \rightarrow {}^7F_6$	$S_0 \rightarrow T_1$	0.0	5267	$1.8 \times 10^{-1}$	$1.6 \times 10^{-1}$	$1.1 \times 10^{-2}$	0.0
50	${}^5L_7 \rightarrow {}^7F_6$	$S_0 \rightarrow T_1$	0.0	5534	$9.0 \times 10^1$	$9.0 \times 10^{-2}$	$1.5 \times 10^1$	$7.6 \times 10^1$
51	${}^5L_6 \rightarrow {}^7F_6$	$S_0 \rightarrow T_1$	0.2	5747	$1.8 \times 10^6$	0.0	0.0	$1.8 \times 10^6$
52	${}^5H_7 \rightarrow {}^7F_6$	$S_0 \rightarrow T_1$	0.1	7456	$6.6 \times 10^5$	0.0	0.0	$6.6 \times 10^5$
53	${}^5H_6 \rightarrow {}^7F_6$	$S_0 \rightarrow T_1$	0.3	8968	$2.1 \times 10^6$	0.0	0.0	$2.1 \times 10^6$
54	${}^5H_5 \rightarrow {}^7F_6$	$S_0 \rightarrow T_1$	0.0	9844	$1.3 \times 10^{-2}$	0.0	0.0	$1.3 \times 10^{-2}$
55	${}^5F_5 \rightarrow {}^7F_6$	$S_0 \rightarrow T_1$	0.1	11011	$8.6 \times 10^5$	0.0	0.0	$8.6 \times 10^5$
56	${}^5I_7 \rightarrow {}^7F_6$	$S_0 \rightarrow T_1$	0.0	12666	$5.1 \times 10^3$	0.0	0.0	$5.1 \times 10^3$
57	${}^5I_6 \rightarrow {}^7F_6$	$S_0 \rightarrow T_1$	0.0	13675	$2.7 \times 10^4$	0.0	0.0	$2.7 \times 10^4$
58	${}^5I_5 \rightarrow {}^7F_6$	$S_0 \rightarrow T_1$	0.0	14063	$1.7 \times 10^3$	0.0	0.0	$1.7 \times 10^3$
59	${}^5K_5 \rightarrow {}^7F_6$	$S_0 \rightarrow T_1$	0.0	17411	$9.1 \times 10^{-1}$	0.0	0.0	$9.1 \times 10^{-1}$
60	${}^5K_7 \rightarrow {}^7F_6$	$S_0 \rightarrow T_1$	0.0	17770	$4.5 \times 10^{-8}$	0.0	0.0	$4.5 \times 10^{-8}$
61	${}^5D_4 \rightarrow {}^7F_5$	$S_0 \rightarrow T_1$	0.0	-5527	$4.3 \times 10^{-5}$	$2.9 \times 10^{-13}$	$1.5 \times 10^{-9}$	$4.3 \times 10^{-5}$
62	${}^5D_3 \rightarrow {}^7F_5$	$S_0 \rightarrow T_1$	0.0	265	$9.9 \times 10^1$	$2.2 \times 10^{-1}$	$9.9 \times 10^1$	0.0
63	${}^5G_6 \rightarrow {}^7F_5$	$S_0 \rightarrow T_1$	8.3	452	$6.1 \times 10^7$	$4.0 \times 10^{-1}$	$4.2 \times 10^2$	$6.1 \times 10^7$
64	${}^5L_{10} \rightarrow {}^7F_5$	$S_0 \rightarrow T_1$	0.0	1000	$2.9 \times 10^{-2}$	$2.8 \times 10^{-2}$	$1.1 \times 10^{-3}$	0.0
65	${}^5G_5 \rightarrow {}^7F_5$	$S_0 \rightarrow T_1$	28.8	1796	$2.1 \times 10^8$	$2.2 \times 10^{-1}$	$1.1 \times 10^1$	$2.1 \times 10^8$
66	${}^5D_2 \rightarrow {}^7F_5$	$S_0 \rightarrow T_1$	0.0	2136	1.4	$1.6 \times 10^{-1}$	1.2	0.0
67	${}^5G_4 \rightarrow {}^7F_5$	$S_0 \rightarrow T_1$	4.1	2316	$3.0 \times 10^7$	$8.3 \times 10^{-2}$	$6.0 \times 10^1$	$3.0 \times 10^7$
68	${}^5L_9 \rightarrow {}^7F_5$	$S_0 \rightarrow T_1$	0.0	2437	$3.2 \times 10^{-1}$	$2.3 \times 10^{-1}$	$8.8 \times 10^{-2}$	0.0
69	${}^5L_8 \rightarrow {}^7F_5$	$S_0 \rightarrow T_1$	0.0	3219	$5.5 \times 10^{-1}$	$3.4 \times 10^{-1}$	$2.1 \times 10^{-1}$	0.0
70	${}^5L_7 \rightarrow {}^7F_5$	$S_0 \rightarrow T_1$	0.0	3486	$1.1 \times 10^1$	$1.1 \times 10^{-1}$	$1.1 \times 10^1$	0.0
71	${}^5L_6 \rightarrow {}^7F_5$	$S_0 \rightarrow T_1$	0.1	3699	$5.7 \times 10^5$	0.0	0.0	$5.7 \times 10^5$
72	${}^5H_6 \rightarrow {}^7F_5$	$S_0 \rightarrow T_1$	0.2	6920	$1.1 \times 10^6$	0.0	0.0	$1.1 \times 10^6$
73	${}^5H_5 \rightarrow {}^7F_5$	$S_0 \rightarrow T_1$	1.3	7796	$9.3 \times 10^6$	0.0	0.0	$9.3 \times 10^6$
74	${}^5H_4 \rightarrow {}^7F_5$	$S_0 \rightarrow T_1$	2.4	8368	$1.7 \times 10^7$	0.0	0.0	$1.7 \times 10^7$
75	${}^5F_5 \rightarrow {}^7F_5$	$S_0 \rightarrow T_1$	0.7	8963	$5.3 \times 10^6$	0.0	0.0	$5.3 \times 10^6$
76	${}^5F_4 \rightarrow {}^7F_5$	$S_0 \rightarrow T_1$	1.9	9403	$1.4 \times 10^7$	0.0	0.0	$1.4 \times 10^7$
77	${}^5I_6 \rightarrow {}^7F_5$	$S_0 \rightarrow T_1$	0.0	11627	$3.8 \times 10^4$	0.0	0.0	$3.8 \times 10^4$
78	${}^5I_4 \rightarrow {}^7F_5$	$S_0 \rightarrow T_1$	0.0	11637	$5.5 \times 10^1$	0.0	0.0	$5.5 \times 10^1$
79	${}^5I_5 \rightarrow {}^7F_5$	$S_0 \rightarrow T_1$	0.0	12015	$2.1 \times 10^3$	0.0	0.0	$2.1 \times 10^3$
80	${}^5K_5 \rightarrow {}^7F_5$	$S_0 \rightarrow T_1$	0.0	15363	$1.1 \times 10^1$	0.0	0.0	$1.1 \times 10^1$
				$W_b^T$	$7.3 \times 10^8$			
				$W_b^{T'}$	$4.7 \times 10^{-5}$			

## Supporting information

### 3.2. Multiphonon decay rates

The multiphonon decay rate  $W_{mp}$  (in  $s^{-1}$ ) between adjacent excited states of the Ln(III) ion can be calculated from the energy gap law:

$$W_{mp} = W_0 e^{-(\alpha \cdot \Delta E)} \quad (S8)$$

where  $W_0$  ( $\approx 10^7 s^{-1}$ ) is the decay rate extrapolated to zero energy gap ( $\Delta E \approx 0$ ) and  $\alpha$  is a constant (in cm) that depends on the material.<sup>17,18</sup> Thus, for more energy spaced subsequently levels, the  $W_{mp}$  tends to decay drastically. According to Miyakawa and Dexter,<sup>19</sup> the  $\alpha$  factor can be estimated by:

$$\alpha = \frac{1}{\hbar\bar{\omega}} \left| \ln \left( \frac{N}{S(n+1)} \right) - 1 \right| \quad (S9)$$

where  $N$  ( $= \Delta E / \hbar\bar{\omega}$ ) is the number of phonons created in the relaxation process and  $n$  is the phonon occupancy number following a Bose-Einstein distribution  $n = 1/(\exp(\hbar\bar{\omega}/k_B T) - 1)$ , where  $k_B$  is the Boltzmann constant and  $T$  the temperature.  $S$  is the Huang-Rhys factor which typical values are in the range of 0.02 to 0.10 for Ln(III) ions.<sup>20-22</sup> Considering the mean phonon energy ( $\hbar\bar{\omega}$ ) attributed mainly to the C=O stretching mode (around  $1700 \text{ cm}^{-1}$ ) and  $S = 0.05$ , the values of  $\alpha$  is in the order of  $10^{-3}$  and  $10^{-4}$  cm, leading to multiphonon rates between adjacent levels of Eu(III) and Tb(III) between  $10^6$  and  $10^7 s^{-1}$  (Table S9), as considered in our calculations.

**Table S9.** Values of the multiphonon decay rates ( $W_{mp}$ ) for some of Eu(III) and Tb(III) excited states. The  $\Delta E$  is the energy difference between adjacent levels. The parameter  $\alpha$  was estimated using  $S = 0.05$ ,  $\hbar\bar{\omega} = 1700 \text{ cm}^{-1}$ , and  $n = 0.288 \times 10^{-3}$ .

Eu(III)	$\Delta E$ ( $\text{cm}^{-1}$ )	$\alpha$ ( $\times 10^{-3}$ cm)	$W_{mp}$ ( $\times 10^6 s^{-1}$ )	Tb(III)	$\Delta E$ ( $\text{cm}^{-1}$ )	$\alpha$ ( $\times 10^{-3}$ cm)	$W_{mp}$ ( $\times 10^6 s^{-1}$ )
$^5D_2 \rightarrow ^5D_1$	2456	1.390	0.329	$^5G_6 \rightarrow ^5D_3$	187	0.125	9.770
$^5D_3 \rightarrow ^5D_2$	2872	1.482	0.142	$^5L_{10} \rightarrow ^5G_6$	548	0.508	7.571
$^5L_6 \rightarrow ^5D_3$	970	0.844	4.411	$^5G_5 \rightarrow ^5L_{10}$	796	0.727	5.604
$^5L_7 \rightarrow ^5L_6$	1032	0.880	4.032	$^5D_2 \rightarrow ^5G_5$	340	0.227	9.257
$^5G_2 \rightarrow ^5L_7$	35	1.110	9.619	$^5G_4 \rightarrow ^5D_2$	180	0.147	9.739
$^5G_3 \rightarrow ^5G_2$	143	0.282	9.604	$^5L_9 \rightarrow ^5G_4$	121	0.381	9.550
$^5G_4 \rightarrow ^5G_3$	85	0.588	9.512	$^5G_3 \rightarrow ^5L_9$	569	0.530	7.397
$^5G_5 \rightarrow ^5G_4$	113	0.421	9.536	$^5L_8 \rightarrow ^5G_3$	213	0.048	9.898
$^5G_6 \rightarrow ^5G_5$	19	1.470	9.725	$^5L_7 \rightarrow ^5L_8$	267	0.085	9.776
$^5L_8 \rightarrow ^5G_6$	492	0.444	8.036	$^5G_2 \rightarrow ^5L_7$	74	0.670	9.516
$^5D_4 \rightarrow ^5L_8$	342	0.231	9.242	$^5L_6 \rightarrow ^5G_2$	79	0.631	9.513
$^5L_9 \rightarrow ^5D_4$	374	0.283	8.995	$^5D_1 \rightarrow ^5L_6$	1000	0.862	4.225
$^5L_{10} \rightarrow ^5L_9$	467	0.414	8.243	$^5D_0 \rightarrow ^5D_1$	614	0.575	7.027
$^5H_3 \rightarrow ^5L_{10}$	2436	1.385	0.342	$^5H_7 \rightarrow ^5D_0$	155	0.235	9.642
$^5H_4 \rightarrow ^5H_3$	282	0.117	9.675	$^5H_6 \rightarrow ^5H_7$	1512	1.105	1.881
$^5H_5 \rightarrow ^5H_4$	136	0.312	9.585	$^5H_5 \rightarrow ^5H_6$	876	0.784	5.033
$^5H_6 \rightarrow ^5H_5$	231	0.000	9.999	$^5H_4 \rightarrow ^5H_5$	572	0.533	7.372
$^5H_7 \rightarrow ^5H_6$	27	1.263	9.665	$^5F_5 \rightarrow ^5H_4$	595	0.556	7.182
<b>Average</b>			<b>7.261</b>	<b>Average</b>			<b>7.775</b>

## Supporting information

### 3.3. Rate equations model and quantum yield

The population dynamics for Eu(III) and Tb(III) Coumarin-based compounds can be described by an appropriate system of rate equations for the level normalized populations, set up based on the schematic energy level diagram shown in Figure 5, including forward and backward IET rates.

To simplify the setup of the rate equations, the populations of the levels (or groups of levels) are represented by  $\eta_N$  (where N ranges from 0 to 4). Specifically,  $\eta_0$ ,  $\eta_1$ ,  $\eta_2$ ,  $\eta_3$ , and  $\eta_4$  represent the populations of the ground state, T<sub>1</sub>, S<sub>1</sub>, levels above the emitting Eu(III) <sup>5</sup>D<sub>0</sub> and Tb(III) <sup>5</sup>D<sub>4</sub>, and the Eu(III) <sup>5</sup>D<sub>0</sub> and Tb(III) <sup>5</sup>D<sub>4</sub>, respectively. Thus, based on the IET rates and the schematic energy level diagram, a 5-level rate equation is given by:

$$\frac{d}{dt}\eta_0(t) = -\phi \cdot \eta_0(t) + \frac{1}{\tau_T}\eta_1(t) + \frac{1}{\tau_S}\eta_2(t) + \frac{1}{\tau_{Ln}}\eta_4(t) \quad (\text{S10})$$

$$\frac{d}{dt}\eta_1(t) = -\left(\frac{1}{\tau_T} + W^T + W^T(^5D_J)\right)\eta_1(t) + W_{ISC} \cdot \eta_2(t) + W_b^T \cdot \eta_3(t) + W_b^T(^5D_J) \cdot \eta_4(t) \quad (\text{S11})$$

$$\frac{d}{dt}\eta_2(t) = -\left(\frac{1}{\tau_S} + W_{ISC} + W^S\right)\eta_2(t) + \phi \cdot \eta_0(t) + W_b^S \cdot \eta_3(t) \quad (\text{S12})$$

$$\frac{d}{dt}\eta_3(t) = -(W_{mp} + W_b^T + W_b^S)\eta_3(t) + W^S \cdot \eta_2(t) + W^T \cdot \eta_1(t) \quad (\text{S13})$$

$$\frac{d}{dt}\eta_4(t) = -\left(\frac{1}{\tau_{Ln}} + W_b^T(^5D_J)\right)\eta_4(t) + W_{mp} \cdot \eta_3(t) + W^T(^5D_J) \cdot \eta_1(t) \quad (\text{S14})$$

where  $\tau_T$ ,  $\tau_S$ , and  $\tau_{Ln}$  ( $\tau_{obs}$  in Table 2) are the lifetimes of the T<sub>1</sub>, S<sub>1</sub>, and emitting levels (<sup>5</sup>D<sub>0</sub> and <sup>5</sup>D<sub>4</sub>), respectively.  $W_{ISC}$  is the intersystem crossing rate S<sub>1</sub> → T<sub>1</sub>.  $W_{mp}$  is the average nonradiative energy decay between adjacent levels above the emitting ones, that is in the order of  $\sim 7 \times 10^6 \text{ s}^{-1}$  for Ln(III) chelates, as estimated in Table S9.<sup>8</sup>  $\phi$  is the S<sub>0</sub>→S<sub>1</sub> pumping rate.<sup>23</sup>

Numerically solving systems of differential equations involves a variety of methods, such as the 4th order Runge-Kutta method with fixed or adaptive step sizes, Adams-Bashford, and others<sup>24</sup>. In the present study, the Radau method<sup>25</sup> was employed due to its computational efficiency and its reliability in the context of lanthanide-based materials<sup>26–32</sup>. For these numerical simulations, it is essential to establish the initial conditions of the populations when time (t) equals zero. The initial population of the ground state is set to  $\eta_0(0) = 1$  (Eq. S10), signifying that the system starts in its ground state, while the populations of other excited states  $\eta_n$  (with  $n \neq 0$ , Eqs. S11–S14) start with  $\eta_n(0) = 0$ .

To check if the set of differential equations (Eqs. S10–S14) are coupled and the model is consistent, the following condition must be satisfied:<sup>26,33</sup>

## Supporting information

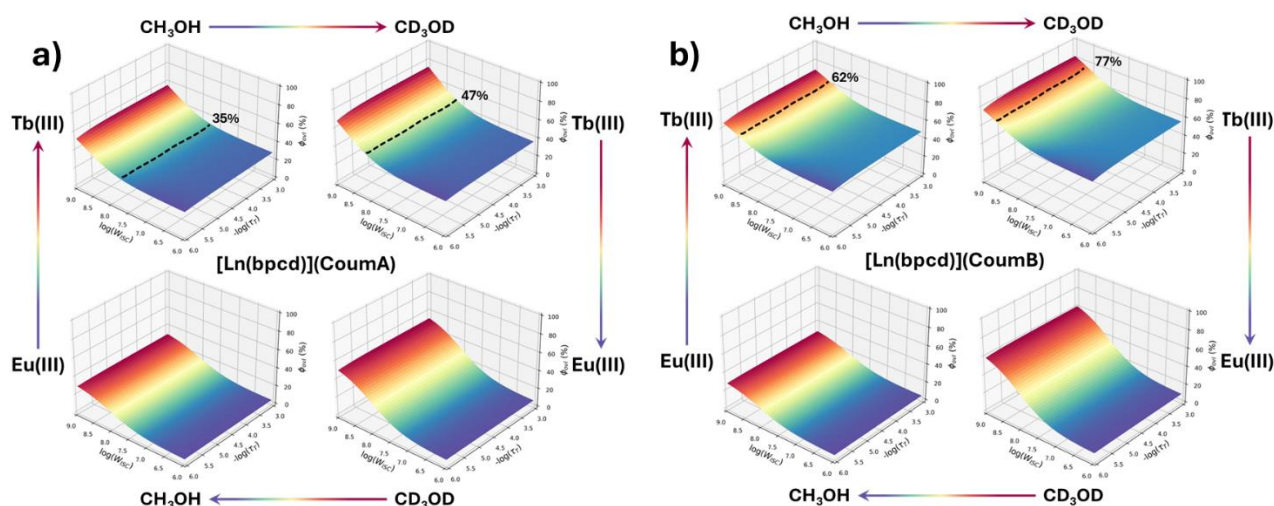
$$\frac{1}{t_f} \int_{t=0}^{t_f} \sum_n \eta_n(t) dt = 1 \quad \text{for } t \neq 0 \quad (\text{S15})$$

This relation ensures that population is conserved over time in the rate equation model.

The overall quantum yield, by its definition, is the ratio between emitted and absorbed photons, which can be represented by:<sup>23</sup>

$$\phi_{ovl} = \frac{A_{rad} \cdot \eta_4}{\phi \cdot \eta_0} \quad (\text{S16})$$

where  $A_{rad}$  is the radiative rate from the emitting level ( $1/\tau_{rad}$ , Table 2) and  $\phi$  is the  $S_0 \rightarrow S_1$  pumping rate.  $\eta_4$  and  $\eta_0$  is the population of the emitting and ground levels at the steady-state regime, respectively. In the simulations,  $A_{rad}$  was considered  $450 \text{ s}^{-1}$  for Tb(III) compounds, which is within the limit  $A_{rad} < 1/\tau_{obs}$ . As concluded elsewhere<sup>23</sup>, the quantum yield is independent of the value of  $\phi$  because the ratio  $\eta_4/(\phi \cdot \eta_0)$  remains constant.



**Figure S15.**  $\phi_{ovl}$  as a function of the  $W_{ISC}$  and  $\tau_T$  for [Ln(bpcd)(CoumA)] (a) and for [Ln(bpcd)(CoumB)] (b). In these simulations, the  $\tau_S$  was fixed at 10 ns.

### 3.4. Computational code

Below is an example of an input file (e.g. TbCoumA\_CH3OH.txt) with some parameters previously calculated as IET rates that appear in the rate equation model:

---

```
# Example of an input file for the simulation of quantum yield (QY)
# The number of steps indicates the division of the range for W_ISC and tau_S

Arad = 450                # Radiative decay rate (1/tau_rad)
tau = 2.07e-3            # Observed lifetime (tau_obs)
tauT = 1e-5              # Triplet state lifetime (tau_T)
W_T = 3.2e7              # IET rate from triplet (W_T)
```

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```
W_bT = 7.4e8      # Backward IET from Ln(III) to the triplet (W_bT)
W_T2 = 1.1e7     # IET from triplet state to the emitting level (W_T2)
W_bT2 = 9.8e-6  # Backward IET from the emitting level to the triplet state (W_bT2)
W_S = 1.11e9    # IET rate from singlet (W_S)
W_bS = 3.36e9   # Backward IET from Ln(III) to the singlet (W_bS)

W_ISC_start = 1e6 # Starting value for ISC rate
W_ISC_end = 1e9  # Ending value for ISC rate
tauS_start = 1e-6 # Starting value for singlet lifetime ( $\tau_S$ )
tauS_end = 1e-9  # Ending value for singlet lifetime ( $\tau_S$ )

steps = 100      # Number of steps for each variation (W_ISC and tauS) in the simulation
                # the total number of calculations is given by steps2
```

---

The Python code below will extract the information from the input data and calculate the overall quantum yield ( $\phi_{ovl}$ ). To use the code, run:

```
python3 QYCalc.py <input.txt> <output.log> [<image.jpg>]
```

The generation of the image is optional.

```
import sys
import os
import numpy as np
from scipy.integrate import solve_ivp
import matplotlib.pyplot as plt
from mpl_toolkits.mplot3d import Axes3D
import math
from tqdm import tqdm

print("
print("          QYCalc V1.1 program (October 17, 2024)
print("
print("      Albano N. Carneiro Neto      albanoneto@ua.pt
print("
print("      Phantom-g, CICECO-Aveiro Institute of Materials
print("      Department of Physics, University of Aveiro, Portugal
print("
")
")
")
")
")
")
")
")
")
")
")

print("Reading the input data...\n")
def read_input_data(filename):
    input_data = {}

    # Check if the input file exists
    if not os.path.exists(filename):
        print(f"Error: File '{filename}' does not exist.")
        print("End of the program.")
        sys.exit(1)

    try:
        with open(filename, 'r') as file:
            for line in file:
                line = line.strip()
                if line.startswith("#") or not line:
                    continue
                if '=' in line:
                    key, value = line.split('=', 1)
                    value = value.split()[0]
                    input_data[key.strip()] = float(value)
    except IOError:
        print(f"Error: Could not read file '{filename}'.")
        sys.exit(1)

    # Check if required keys are given (e.g. Arad, phi, etc.)
    required_keys = ['Arad', 'tau', 'tauT', 'W_T', 'W_bT', 'W_T2', 'W_bT2', 'W_S', 'W_bS', 'steps']

    for key in required_keys:
        if key not in input_data:
            print(f"Error: Missing required input parameter '{key}' in the input file.")
            print("Please, insert the value of this parameter and run the code again..")
```



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```
output_file.write(f"W_ISC range: {W_ISC_start} to {W_ISC_end}, tauS range: {tauS_start} to {tauS_end}\n\n")
output_file.write("_____ \n")
output_file.write(" QY (%) W_ISC (s-1) tauS (s) \n")
output_file.write("_____ \n")

total_iterations = steps * steps
progress_bar = tqdm(total=total_iterations, desc="Calculation Progress", unit="step")

W_ISC = W_ISC_start
i = 0
while i < steps:
    j = 0
    tauS = tauS_start
    while j < steps:
        # Solve the ODE system
        solution = solve_ivp(system_of_odes, t_span, y0, args=(phi, tau, tauT, tauS, W_34, W_T, W_bT, W_T2,
W_bT2, W_S, W_bS, W_ISC), t_eval=t_eval, method='Radau')

        y0_final = solution.y[0, -1]
        y4_final = solution.y[4, -1]

        # Calculate QY, log(W_ISC), and -log(tauS)
        QY = 100 * Arad * y4_final / (y0_final * phi)
        log_W_ISC = math.log10(W_ISC)
        minus_log_tauS = -math.log10(tauS)
        QY_values.append(QY)
        log_W_ISC_values.append(log_W_ISC)
        minus_log_tauS_values.append(minus_log_tauS)
        output_file.write(f" {QY:6.1f} {W_ISC:10.2e} {tauS:10.2e} \n")
        tauS *= tauS_step
        j += 1
        progress_bar.update(1)

    W_ISC *= W_ISC_step
    i += 1
output_file.write("_____ \n")
output_file.write("End of program!\n")

progress_bar.close()

output_file.close()

if output_image:
    QY_values = np.array(QY_values)
    log_W_ISC_values = np.array(log_W_ISC_values)
    minus_log_tauS_values = np.array(minus_log_tauS_values)

    QY_values = QY_values.reshape((steps, steps))
    log_W_ISC_values = log_W_ISC_values.reshape((steps, steps))
    minus_log_tauS_values = minus_log_tauS_values.reshape((steps, steps))

    x_min = np.min(log_W_ISC_values)
    x_max = np.max(log_W_ISC_values)
    y_min = np.min(minus_log_tauS_values)
    y_max = np.max(minus_log_tauS_values)

    # Creating a 3D surface plot (if requested)
    fig = plt.figure(figsize=(10, 7), dpi=600)
    ax = fig.add_subplot(111, projection='3d')
    surf = ax.plot_surface(log_W_ISC_values, minus_log_tauS_values, QY_values, cmap='Spectral_r')

    ax.set_xlabel(r'log($W_{ISC}$)', fontsize=14)
    ax.set_ylabel(r'-$\tau_{S}$', fontsize=14)
    ax.set_zlabel(r'$\phi_{ovl}$ (%)', fontsize=14, rotation=90)

    ax.set_xlim(x_min, x_max)
    ax.set_ylim(y_min, y_max)
    ax.set_zlim(0, 100)

    ax.view_init(elev=30, azim=130)
    plt.savefig(output_image, format='jpg', dpi=600)
    plt.show()
```

## 4. References

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