



SEMPER
HOPKINS



Experiential Upholstery Workshops

An innovative approach to team
building and employee wellbeing.

<https://shupholstery.co.uk/>



For organisations that prioritise and promote employee wellbeing. Upholstery workshops are an opportunity to get your staff on their feet and away from their screens.

By engaging their mind and body in a creative activity they are able to clear the mental clutter and re-engage their imagination so they return to work re-energised and more productive.

Our workshops encourage connection as groups work side by side towards a shared goal, all at the same starting point and no one an expert. Walking away at the end of the day with a tangible, sustainable piece of furniture as a reminder of what they're capable of.



Benefits of an Upholstery Workshop

In person upholstery workshops offers an opportunity for individuals and teams to experience;

Creativity Upholstery is a craft that allows your employees to explore their creative side and foster innovation. Experimenting with design details and fabric colours gives them a safe space to play and explore. Ignite their imagination and motivate them to bring their creative flair back into the office.

Mindfulness - Upholstery requires focus and attention to detail, which will bring your employees in to the present moment, giving them a healthy outlet for stress. Learning a new skill that offers a mindfulness element can have a profound impact on their physical and mental health, They will leave feeling re-energised, fulfilled and with a 'I can do anything' mindset.

Connection - Sharing a creative experience with colleagues creates a safe space for communication. Working side by side towards a shared goal improves relationships and encourages healthy communication between people, that they will take back to their work environment.

Your people will leave with shared memories, improved relationships and a piece of sustainable furniture to last a lifetime. For businesses, this translates to more engaged, motivated, and productive people.



About Emma

Semper Hopkins Upholstery & Interiors was founded by wellbeing advocate Emma Semper Hopkins in June 2016. Operating UK-wide from Scholar Green, Cheshire they specialise in delivering experiential creative upholstery workshops for organisations that value the mental and physical health of their employees.

Emma has a wealth of experience leading and managing high-performing teams in fast-paced environments, following her 15-year corporate career in food retail. Emma's expertise is also complemented by a Business Degree, Masters in Marketing and upholstery qualifications.

She understands the importance of creative activities, which encourage connection, innovation and overall wellbeing.

Emma is on a mission to provide organisations with these opportunities, and offers a sustainable experience that both rewards and engages all who attend.

Emma shares her story of overcoming burnout, fear, her personal journey of self-care and living a visionary life in the Amazon best-selling book 'Seen Too' - published on World Mental Health Day in October 2022.



Sustainable Upholstery

We are working towards a greener and more sustainable way forward in the upholstery industry.

We responsibly source eco-friendly fabrics made from recycled materials, FSC certified wood, and using environmentally friendly materials,

We buy from local suppliers as much as possible which further reduces our carbon footprint and enables us to support other small UK-based businesses.

The beautiful pieces of furniture that are made in our workshops are built to last. We use high-quality materials that withstand wear and tear over time, reducing the need for replacements.

We are on a mission to empower individuals with skills so they can re-upholster their own furniture or second-hand pieces giving them a new lease of life. This reduces waste and the demand for new furniture production.

Team Building Workshop

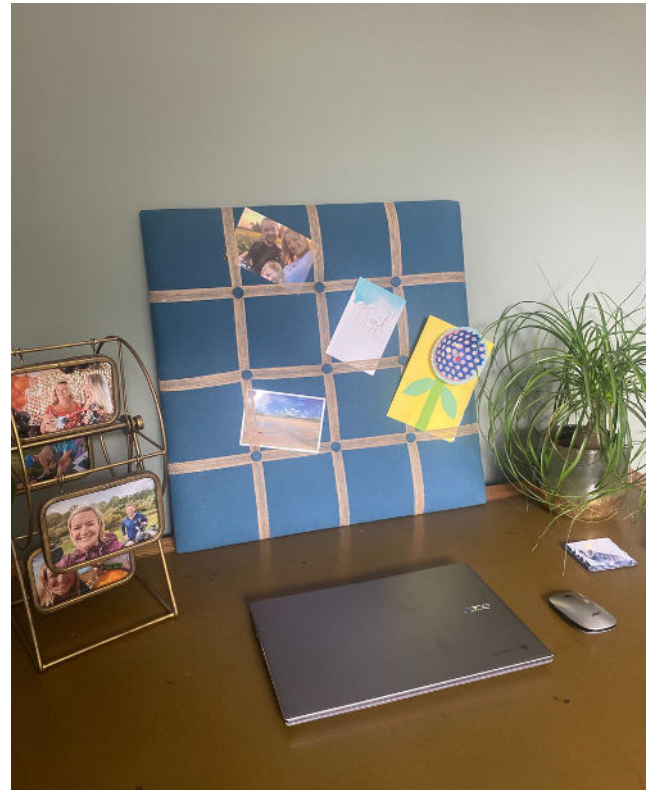
Make a fabric memo vision board / notice board

Minimum 2 hour OR

Half Day Workshop

Up to 10 participants (please enquire if larger groups are required)

Your team will learn how to upholster their own unique and eco-friendly notice board which can be used as vision or display board.



With eight fabric colours to choose from on the day.

Decorated with jute ribbon and colourful buttons

Your team will tap into their creativity, learn new skills and create piece of furniture that is both sustainable and beautiful.

Workshop overview

2 hour running order

Introduction

Safety demonstration

Part 1 of workshop - Choose fabric colour & buttons. Upholster board.

Short break & reflection time

Part 2 of workshop - Adding decorative ribbon and shallow buttoning. Reflection time.

Workshop close



Half day running order

Introduction

Safety demonstration

Part 1 of workshop - Choose fabric colour & buttons. Upholster board.

Short break & reflection time

Part 2 of workshop - Adding decorative ribbon. Reflection time.

Part 3 - button making, shallow buttoning and finishing your board. Reflection time

Workshop close

Other Services

Reward and Recognition

A gift voucher for in-person or online upholstery workshops.

These are a great sustainable way to reward individual employees who deserve recognition for their hard work.



Employee Wellbeing Allowance

Offer in-person and online upholstery workshops as an option for your employees to use their well-being allowance.



Where they take place

In person workshops and team building days can take place at our premises in Scholar Green, a beautiful converted chapel in the Cheshire countryside. Postcode ST7 3HR, located 10 minutes from J17 of M6).

Facilities are available to host full-day events here.

Or alternatively, workshops can be run off-site (at an extra cost). The room will need to have a workspace for participants to make their furniture. These requirements can be discussed in the booking process.



Are you ready to take the next step to provide your employees with an innovative and exciting team-building event or well-being activity?

Book a discovery call to discover how our workshops can reward and engage your employees with creativity.



<https://shupholstery.co.uk/team-building/>

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