



SEMPER
HOPKINS



Creative Upholstery Workshop

An innovative approach to team building and employee wellbeing.

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



Introduction	1
Benefits of Upholstery Workshops	2
About Emma	3
Sustainable Upholstery	4
Half day Creative Workshop and Pricing	5
Full Day Creative DISC Workshops & Pricing	6
Testimonials	7
Where they take place	8



For organisations that prioritise and promote employee wellbeing. Allow us to introduce you to world of creativity, mindfulness and connection through the craft of upholstery.

Take the opportunity to have time away from the hustle and bustle of daily life, enjoying the peaceful setting of our beautiful renovated chapel in Scholar Green, Cheshire.

Spend some time unlocking your inner creativity. 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 lasting reminder of the experience you have had.



Benefits of an Upholstery Workshop

An upholstery workshop offers an opportunity for participants 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, By engaging their mind and body in a creative activity they are able to clear the mental clutter and re-engage their imagination returning to work and daily life re-energised and more productive.

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.

Confidence and empowerment. Participants will gain a sense of empowerment and belief in their own unique creative potential.

The workshops offer the opportunity for your team to step away from everyday life, slow down, clear their mind, before they need to speed up. Leaving feeling inspired, motivated, and accomplished. Resulting in improved productivity and performance, increases employee satisfaction and results in higher staff retention rates.



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.

Half day Creative Workshop & Pricing



Participants will learn how to upholster their own unique and eco-friendly notice board which can be used as vision or display board. Theirs to take home at the end of the day. Perfect for reward and recognition activity or team bonding.

It truly is a 'feel good day' where attendees will leave re-energised, feeling proud with a huge sense of achievement.

Includes afternoon tea, and hot and cold drinks.

Duration: 3 1/2 hours. Usually from 9.30am-1pm (times can be altered to accommodate your needs)_ Workshop takes two and half hours and allow an hour for break/lunch.



The workshop cost is £1800 for 12 people equivalent to - £150 per head. Larger groups can be accommodated please enquire for pricing.

If you would like to book the workspace for the additional half day to run a team meeting or alternative - the cost is £100. Please confirm when booking.

To place a booking please contact hello@shupholstery.co.uk or call 01260609021.

Creative DISC Workshop

This one day workshop combines DISC personality training and afternoon of creativity to apply your self discovery.

What is DISC? DISC looks at key personality traits and allows you to discover yourself and the people around you by understanding personality styles.

DISC gives you the confidence, belief and language to be able to communicate to your audience and stakeholders effectively because you will understand your personality and your audience in really simple terms.



You will spend the morning with Susie (UK's leading DISC trainer) for an action-packed, interactive and informative talk discovering the power of DISC!

We will spend some time applying what you have learnt to your business challenges

We will stop and refuel with a delicious afternoon tea style lunch.

In the afternoon Emma will facilitate a creative upholstery workshop where you will be able to unlock your inner creativity and apply the morning's self discoveries.

The workshop cost is £3540 for 12 participants = equivalent of £295 per person . Larger or smaller groups can be accommodated please enquire for pricing.

To place a booking please contact hello@shupholstery.co.uk or call 01260609021.



Testimonials

“Emma is an outstanding provider of high quality workshops tailored to the development of your teams mental health & individual needs. In a wonderful old atmospheric building she carefully guides everyone into creative construction. Highly recommended if you or your team wish to breath, connect and engage in a fantastic team event.”

Keith Simpson - Director at Kestrel Education Consultancy LTD

I highly recommend Emma's upholstery team building courses. They are a fantastic way for teams to connect and learn about each other, whilst also learning new skills and creating something special to take away. Upholstery is very mindful so the workshop is very relaxing and the chapel space that Emma works from has such a "get away from it all" feel. I doubt anyone would regret having taken part.”

Gill Fox - The Nantwich Clinic Ltd



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/>

Email: hello@shupholstery.co.uk

Telephone 01260609021