



Emma Semper Hopkins

SPEAKER PROFILE





ABOUT EMMA

Semper Hopkins Upholstery & Interiors Ltd was founded by wellbeing advocate Emma Semper Hopkins in June 2016 - later becoming B Corp™-certified in 2024.

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.

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



LET'S TALK ABOUT... SUSTAINABILITY

B Corp™ owner Emma Semper Hopkins energises conversations on sustainability with expertise and innovative ideas, and proposes the following topics:

LIVING YOUR VALUES: BUILDING A B CORP™ BUSINESS FROM THE GROUND UP

Emma's journey began as a corporate executive at a blue-chip company known for its ethical practices. But when she launched her own upholstery workshop business, defining and living out her own sustainability principles became a personal mission.

Discover how Emma achieved coveted B Corp™ status by making thoughtful, everyday choices to meet high standards of social and environmental impact. An inspiring listen for those looking for insights into her journey; the challenges she faced; and how she transformed her values into a thriving, eco-conscious business.

STARTING SMALL, THINKING BIG: EMMA'S BLUEPRINT FOR A SUSTAINABLE SMALL BUSINESS

If you think you don't have the time, money or expertise to make sustainability a priority in your small business, think again! Working mum Emma Semper Hopkins reveals how she built an upholstery workshop business from the ground up in a disused chapel – all while meeting the highest standards of social and environmental impact to achieve B Corp™ status.

Emma will share practical insights with listeners who are looking to make their business more eco-conscious – even when starting from scratch with a minimal budget – and explain how small, consistent actions add up to sustainable change.

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HOW TO TURN SUSTAINABILITY FROM AN IDEA INTO A HABIT

From buying her son's school coat on Vinted to renovating a disused chapel into a B Corp™-certified workshop, Emma Semper Hopkins embodies eco-friendly living and champions the circular economy.

She will explain to listeners how to turn sustainability from a grand goal into part of your daily routine, whether through tiny adjustments or major lifestyle shifts. Expect practical tips, relatable stories and inspiration to make sustainability stick from a working mum and business owner who has made intentional practices her way of life.

LET'S TALK ABOUT... CREATIVITY

Emma uncovers how creative thinking and practices enhance our health, happiness and relationships. She suggests talk and podcast topics such as:

EMBRACING CREATIVITY: THE KEY TO A HAPPIER, MORE PRODUCTIVE WORKPLACE

Everyday creativity is about embracing opportunities and facing problems with a creative mindset. Rather than saving your imagination for artistic projects, you engage in creative thinking in all areas of life: home, work and play.

Emma strongly believes that workplaces that foster creativity – and encourage it as a way of doing business – see incredible results. And that teams who have everyday opportunities to stimulate their imagination are better at collaboration, more resilient to change and enjoy health benefits including reduced stress. Emma shares practical tips for weaving creativity into the fabric of your business for a happier, healthier and more productive workforce.

WHY WE LOVE PERSONALISED GIFTS: THE ART OF THOUGHTFUL GIVING

A simple mixtape from Emma's future husband sparked her lifelong passion for personalised gift-giving – inspiring her to launch an upholstery business where people can create their own unique pieces.

As a guest, Emma can explore why handmade gifts carry such deep meaning; why they are the perfect remedy to today's consumer-driven culture; and how creating something special for others can be a gift to yourself. Perfect for listeners craving stories, practical tips and inspiration to make gift-giving more personal, thoughtful and impactful.

PODCAST & SPEAKER'S BOOKINGS NOW OPEN

To discuss a speaking or podcast opportunity with Emma, please email hello@shupholstery.co.uk or telephone 07801 850346 in the first instance. Thank you in advance for your time and consideration.

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