



Creative Workshops

An innovative approach to team
building and employee wellbeing.

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



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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

A upholstery workshops 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.



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.



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.



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 of up to 16 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 £200. Please confirm when booking.

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

Creative DISC Workshop & Pricing

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 £2340 for 12 participants = equivalent of £195 per person . Larger groups can be accommodated please enquire for pricing.

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

Wreath Making Workshop & Pricing



A wonderful way to begin the festive season in style, join us for this creative Christmas wreath-making workshop.

At this workshop you will create your own large fresh Christmas Door Wreath, including a variety of foliage. You can choose to add decorations to personalise your design.

Spend a couple of hours making your own unique creation as Emma & Ros guide you step by step through this relaxing and fun process.

Your experience will be made even more special as a yummy festive themed afternoon style tea is included.



The workshop cost is £948 for a group of up to 12 people.

This is equivalent to £79 per person,

Larger groups can be accommodated. Please confirm when booking.

Duration: The workshop lasts 3 hours. Morning sessions run from 10-1pm and afternoon sessions run from 1pm-4pm

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

Testimonials

The Sinclair Law Solicitors team traded legal briefs for fabric shears and spent a few hours together on a sustainable upholstery team building course. A rare opportunity for the team to unite.

Semper Hopkins Upholstery & Interiors transformed an old chapel into our creative courtroom, where we crafted gorgeous notice boards that are now evidence of our hidden talents.

Who knew our team of legal eagles could be so creative?

We bonded over our staple gun fear, pondered fabric colours and shared button dilemmas as we crafted our noticeboards. Amid a beautifully presented and delicious lunch, we shared lots of smiles and laughter, embracing the chance to step out of our legal comfort zones.

This creative recess left us all feeling energised and motivated, reinforcing our positive working relationships and friendships. Case closed

A brilliant day of creativity and teamwork!

A heartfelt thank you to Emma & team for hosting this unforgettable workshop!



Testimonials



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



"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

Testimonials



I spent an incredible morning at the stunning chapel with Emma & Ros. The atmosphere was super relaxed and friendly and the hospitality was second to none. Emma and Ros had such a lovely way of teaching and demonstrating the skills to us. It really gave me the confidence to give it a try despite not being a very creative person. I was so pleased with the end result of my notice/vision board. It is stunning. The organisation and advanced prep that had gone into the workshop meant that everything flowed so seamlessly (no pun intended!) and made the experience incredibly relaxed and enjoyable. I wouldn't hesitate to recommend Semper Hopkins to anyone. If you give one of their workshops a try, I can promise you won't regret it! Thanks Emma & Ros .

Nicola Marshall - Chief Officer Knutsford Together

"I attended a wellbeing upholstery workshop in July 2024 with a Group of charity leaders in Cheshire. We had the best day with Emma and each made a fabulous 'pin board' to take home.

I would thoroughly recommend Emma and can't wait to go back.

Jill Maher -Business Connector - Cheshire Connect



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 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

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