



“A holistic approach to make the atmosphere more harmonious”

A Good Practice Mentors case study with: **Make Mee Studio**

As a social enterprise based in London, Make Mee Studio aims to make sewing accessible to all through workshops for both adults and children.

They attended a Good Practice Mentors co-production workshop and then reached out for bespoke support with group dynamics.



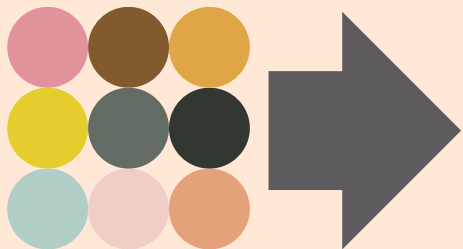
Tailored and realistic support from an external source

As a sewing studio working with a wide variety of people, Make Mee wanted to ensure that its teachers felt confident leading groups and managing complex group dynamics. GPM provided the team with in-person support tailored to their specific situation, which Make Mee's founder described as 'vital', and increased its impact due to being realistic.

"It is stuff we can actually do within the constraints that we have".

The founder felt there is great value in GPM's support coming directly from an external organisation, describing how:

"having an outside facilitator coming in was valuable, it offered the team an outside perspective to think about ideas, it's not just me telling them".



The confidence to set boundaries

The support from GPM has increased teachers' confidence and their ability to set boundaries during the workshops. The founder believes that the interactive nature of the GPM support enabled this change in mindset.

"It gave the team space to come up with the ideas themselves".

In addition to this mindset shift, GPM's support has also led to tangible and practical changes. Make Mee have now developed principles for people to adhere to when they're in the studio, which are printed out on the wall. These principles include the need to be:

- Kind
- Patient
- Mindful of others

In this way, GPM's impact went beyond the primary challenge which Make Mee sought their support for.

While GPM's support was primarily aimed at the staff within Make Mee Studio, the founder feels it has indirectly impacted those attending the workshops through the atmosphere being calmer, teachers being more confident and workshops being run more efficiently.

“It was a holistic approach to make the atmosphere more harmonious”.



If you would like to discuss how GPM could support you to reach, engage and connect with your community then please drop us an email:

✉ GPM@syha.co.uk

For more information and resources please visit our website:

🌐 [GPM Website](#)

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