

# Pepper Humphrey

Entertainment Industry | Workplace Well-Being | Peaceful Leadership

## Professional Summary

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Hi! I'm Pepper, an award-winning Commercial Producer and Mental Health and Intimacy Coordinator for film and television. I empower individuals, teams, and executives to tap into their 'hope molecules,' cultivating collaborative environments grounded in psychological safety, agency, and trust.

With a background in entertainment, contracts, and health and safety coordination, my work is rooted in Nonviolent Communication (NVC) and trauma-informed practices. I specialize in peaceful conflict resolution, de-escalation, and mediation, supporting teams in navigating difficult conversations, managing stress, and fostering emotional intelligence.

I bring a compassionate, trauma-informed perspective to every space I support—helping people feel heard, seen, and empowered, so they can show up fully and do their best work, personally and professionally.

## Core Skills & Expertise

- 25+ years in corporate and production environments
- Research, resourcefulness, confidentiality, and project and client management
- Certified Trauma Support Specialist
- Nonviolent Communication (NVC) for Conflict Resolution
- Mental Health First Aid (Adult, Youth, Entertainment)
- Psychological First Aid & Crisis Intervention
- Workplace & Entertainment Well-Being Strategies

## Experience

### Workplace Well-Being Consultant

*2019 – present*

- Applies Nonviolent Communication (NVC), trauma-informed care, and resilience-building techniques to support individuals navigating stress and anxiety.
- Works with teams, productions, and individuals to implement mental well-being strategies in high-performance settings.

### Intimacy Coordinator | Film & TV

*2022 - present*

- Ensures psychological safety, clear communication, and emotional well-being on set.
- Creates and manages talent rider for contracts
- Advocates for healthy boundaries and consent-based collaboration in production environments.
- Utilizes trauma-informed care and conflict resolution techniques to create a respectful, safe workspace.

## **Producer & Production Manager | Industry Experience in High-Stress Environments**

*2006 - present*

- Advocated for mental health awareness in entertainment, embedding well-being strategies into productions.
- Created emotionally supportive workspaces emphasizing resilience and self-care.

## **Mental Health Coordinator & Safety Consultant | C-Stop, Inc.**

*2019 - 2023*

- Developed mental health & safety protocols, integrating crisis intervention, trauma support, and stress management.
- Conducted conflict resolution & de-escalation training using evidence-based communication techniques.

## **Production Coordinator | Local Television Network**

*2005 - 2006*

- Assisted producers and production managers with schedules
- Shoot, and budget tracking

## **Legal Secretary, Executive Assistant, Office Manager | Law Offices of Sheldon Lodmer**

*2002 - 2005*

- Managed client communications
- Prepared, proofread, and organized legal documents
- Managed calendars, schedules, and conducted research
- Billing, invoicing, and tracking attorney hours

## **Executive Assistant | First Recourse**

*1995 - 2001*

- Managed client communications, scheduling, and calendars
- Created, organized, and maintained files, documents, letters, and presentations
- Travel arrangements, project management, and expense reports

## **Certifications & Training**

- Certified Trauma Support Specialist
- Certified Mental Health First Aid (Adult, Youth, Entertainment)
- Certificate of Completion: Nonviolent Communication (NVC)
- Certificate of Completion: Health & Wellness Coaching – Harvard Medical
- Certificate of Completion: Resilience – Harvard EdX
- Certificate of Completion: Crisis Intervention & Psychological First Aid – Johns Hopkins
- Certificate of Completion: Conflict De-Escalation – Right To Be
- Certificate of Completion: Mitigating Implicit Bias - Right to Be
- Certificate of Completion: De-escalation Skills - Peaceful Leaders Academy (PLP)
- Certificate of Completion: Conflict Resolution Fundamentals - PLP
- Certificate of Completion: Holding People Accountable Respectfully – PLP
- Certificate of Completion: How to Disagree Respectfully - PLP
- Certificate of Completion: Inclusive Decision Making – PLP
- Certificate of Completion: Mediation for Leaders – PLP
- Certificate of Completion: Building a Culture of Peace – PLP
- Certificate of Completion: HIPAA for Healthcare Workers – 360 Training

## Education

- Master of Arts in Clinical Psychology (MACLP), Pepperdine University (Expected 2028)
  - Applying to transfer to Pepperdine Caruso School of Law, Master of Legal Studies (MLS)
- Bachelor of Arts in Psychology, Cal Southern University (Magna Cum Laude)

## Volunteer & Community Work

- School on Wheels (Tutor) - Supporting underserved youth
- Directing Change Suicide Prevention (Judge) - Mental health advocacy for youth
- Industry Mental Health Initiatives - Supporting film & TV productions
- Imagine Children Art Drive RYK – art product donations for underprivileged children