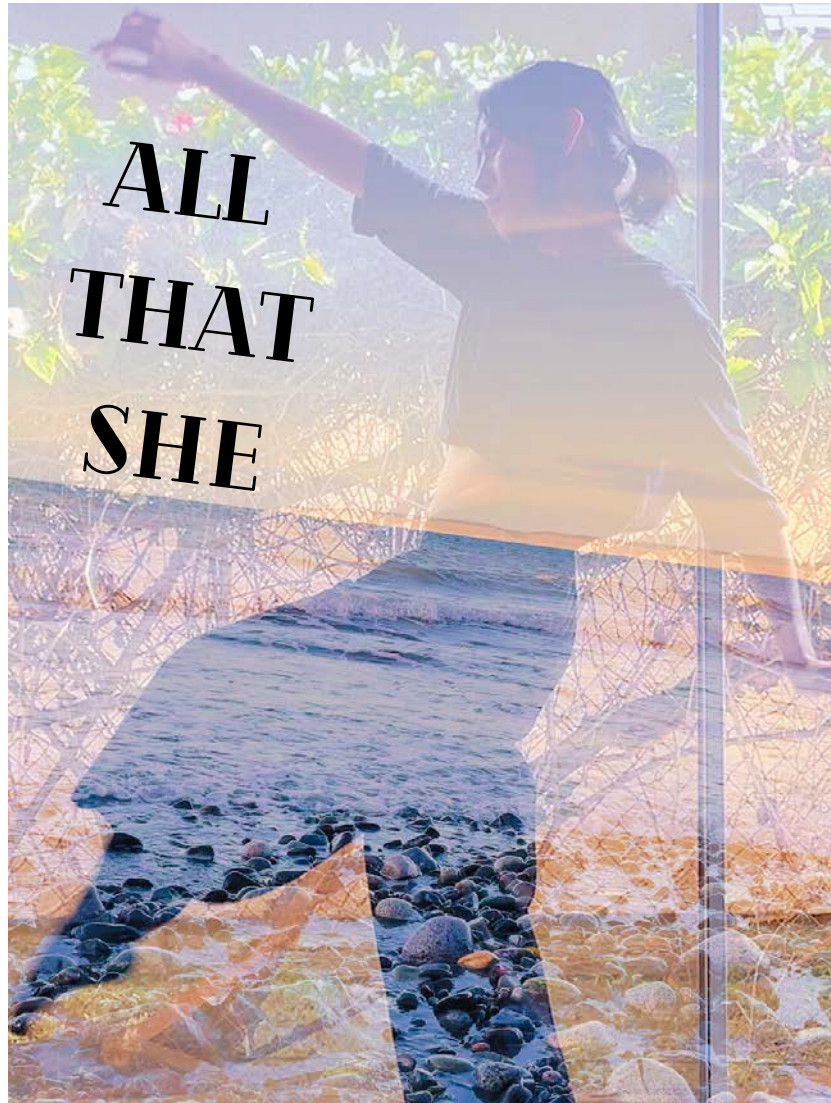


All That She

A tapestry of women – Fragments of womanhood, woven into a global poem



A Film by Nicola Pieper

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All That She 2025 Press Release

FOR IMMEDIATE RELEASE

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Award-Winning Experimental Poetry Film *All That She* Explores the Beauty and Complexity of Womanhood Across Continents

Los Angeles, CA – [Insert Date] – *All That She*, an experimental poetry short film celebrating the multifaceted nature of womanhood, is garnering international recognition after receiving multiple honors in 2025, including an **Award of Recognition** in the **Experimental** category from the **Best Shorts Competition** and two **Awards of Recognition** for **Viewer Impact (Motivational/Inspirational)** and **Women's Theme** from the **IndieFEST Film Awards**. The film has also received a **Special Mention** from **One-Reeler Short Film Competition**.

Written, directed, and edited by **Nicola Pieper**, *All That She* interlaces her original poem with visual contributions from over 60 women across the world to create a lyrical meditation on the female experience.

Guided by a central poem rather than traditional dialogue, the film presents a rich collage of visuals and voices contributed by women from four continents, six countries, and seven U.S. states. Grounded in authenticity and raw intimacy, *All That She* explores strength, tenderness, contradiction, and resilience.

"This project started as a poem written at a bus stop and grew into a global collaboration," said Pieper. *"It's a love letter to the many aspects of womanhood and our varied ways of being: the gentleness, the power, the complexity of women everywhere. Those who shared their lives with me turned this into something so much more. With each piece of footage, it grew to be a true crossing of the individual and overall community of women."*

The film embraces the imperfections of phone-shot footage, inviting audiences into unfiltered moments of everyday life. Rather than following a traditional narrative structure, *All That She* offers a reflective space, compiling a chorus of distinct voices that form a powerful whole.

Featuring original music by **Bex Morgan**, choreography by **Noellie Nemoto**, and visual art by **Melanie Pieper**, the film's interdisciplinary richness highlights its collaborative spirit.

About the Filmmaker

In addition to *All That She*, Nicola Pieper is the writer-director of *Fibromywhatnow?*, a bittersweet dramedy exploring chronic illness and the complexities of female friendship. The screenplay recently won **Best Short Screenplay** at the **2025 Montreal Women Film Festival**, with production planned for 2026.

Her earlier work includes *Blind Date* (Best Director nominee - Fox Film Festival), *International* (a virtual staged reading that reached global audiences during the pandemic), and *Taking Up Space* (a 2020 short documentary exploring female voice and presence).

She earned **2nd Place in the BEA National Screenwriting Competition**, and has contributed editorial work for **Pixar, Netflix, Sundance Institute, Max, and Disney**.

Through her work, Pieper seeks to draw out the nuance of humanity— its beauty, quiet resilience, and the complex, worthy terrain of relationships, from family bonds to friendships and beyond. Her films explore identity and connection, with a deep reverence for the subtleties that shape who we are.

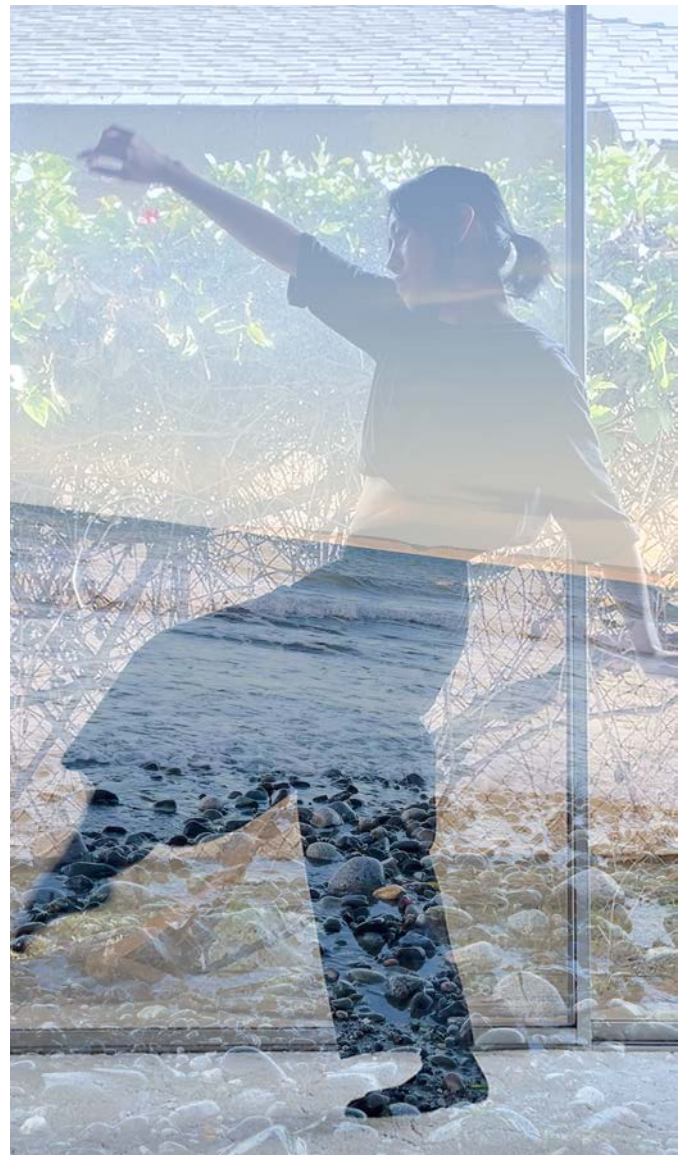
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Logline

A poetic mosaic of womanhood told through the voices and phone footage of 60+ women across four continents, *All That She* reflects resilience, vulnerability, and contradiction.

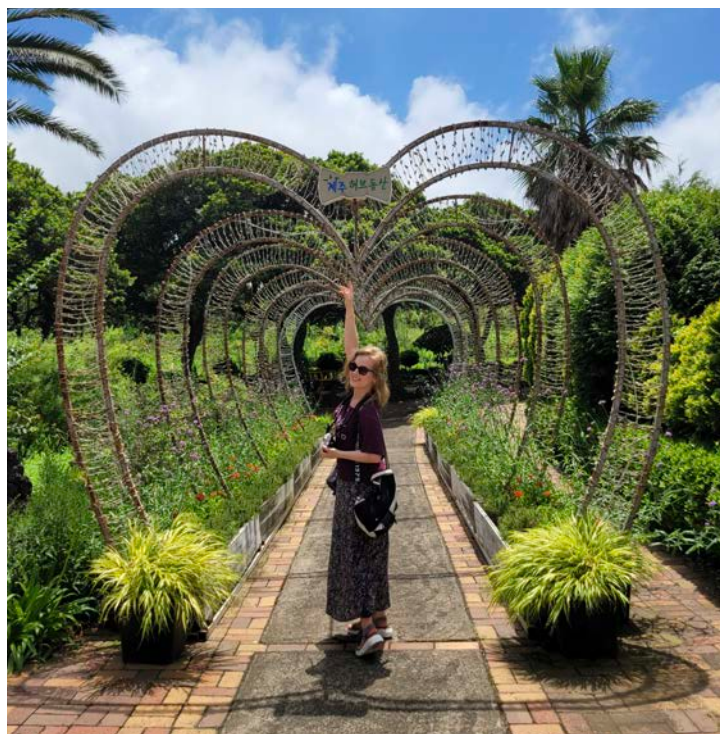
Short Synopsis

All That She is an intimate poetry film woven from footage shared by women across four continents. It explores the multifaceted nature of womanhood, with all its strength, vulnerability, resilience, and contradiction. Diverse voices reveal the complexity and nuance of the female experience.

Long Synopsis

All That She is a poetic tapestry of womanhood, created through collaboration with over 60 women across four continents, six countries, and seven U.S. states. Guided by a central poem rather than a conventional script, the film presents a collage of visuals and voices contributed by women around the world—capturing their strength, vulnerability, and resilience.

Shot entirely on personal phones, the film embraces the raw and unfiltered nature of everyday moments, revealing the deep emotional truths that often go unseen. Through this blend of poetry and personal footage, *All That She* offers a meditative, intimate portrait of what it means to exist as a woman across different cultures, identities, and stages of life. *All That She* invites audiences into a global dialogue— one that celebrates the complexity and beauty of womanhood and honors the shared stories that connect us.



Director's Statement

All That She began in two ways: artistic inspiration and everyday life. The initial spark came from an “Art Wall” my roommate and I created, a collage of photography and paintings capturing moods, moments, and feminine beauty. Yet, something was missing: poetry. Gazing at the collage, a theme emerged and lingered in my mind. That theme became the foundation of the poem.

The poem itself came to me during a mundane moment: waiting for the bus to the chiropractor. As I sat there, traffic rushing past me, a vivid montage of women from all areas of my life flooded my mind— those who have shaped me, pushed me, inspired me, and even those whose presence struck me from a distance.

The poem flowed directly from this collage, born from memories and feelings, both known and mysterious, becoming a meditation on the wide spectrum of qualities and contradictions that make us who we are.

From the start, the film needed to hold multiple voices, not just mine. I reached out to women across continents and from different parts of my life— family, friends, teachers, challengers, supporters— many of whom appeared in that mental montage. I asked them to film themselves reading the poem sections that reminded me of them. The result is a collective expression of womanhood, built from raw, authentic voices and footage.

My hope is that *All That She* offers a space of reflection and connection, where women feel seen and valued, and all viewers can witness our shared complexity with empathy and appreciation. This film is a love letter to the strength, vulnerability, and paradoxes that echo throughout our lives.



Director's Biography - Nicola Pieper

Nicola Pieper is a German and American writer, director, editor, and actor based in Los Angeles. Raised in the evergreen landscapes of Washington—with its lush forests, beaches, and mountains— and enriched by the culture and history of a town in Germany, she developed an early fascination with cross-cultural perspectives, emotional nuance, and the often unspoken questions of identity and connection. With a deep reverence for the complexity and beauty of relationships – familial, platonic, and personal – her films dwell in the space between vulnerability and strength, silence and expression.

Her most recent film, *All That She*, is an experimental poetry film crafted from the voices and personal footage of over 60 women across four continents. The film received multiple honors, including an **Award of Recognition in the**

Experimental category from the internationally respected **Best Shorts Competition** and additional **Awards of Recognition** from **IndieFEST Film Awards**. With her original poem at its core, the film is a collective meditation on the richness and contradictions of womanhood, weaving tenderness, tenacity, and intimacy into a global chorus.

Nicola's upcoming short film, *Fibromywhatnow?*, is based on a screenplay, which recently won **Best Short Screenplay** at the **2025 Montreal Women Film Festival**, with production slated for 2026. A bittersweet dramedy, the film explores chronic illness and the emotional terrain of female friendship with humor and honesty.

Her previous work includes *Blind Date*, which earned her a **Best Director nomination** at the Fox Film Festival; *International*, a virtual play developed and staged during the pandemic that reached audiences across six countries; and *Taking Up Space*, a 2020 short documentary examining female voice and presence through the lens of theatre. Earlier in her career, Nicola was awarded **2nd Place in the BEA National Screenwriting Competition**, a recognition that helped solidify her voice as a screenwriter and storyteller.

In addition to her independent work, she has served as an editor and creative collaborator on projects for major studios and institutions, including **Pixar, Netflix, Disney, Max, DreamWorks Animation**, and the **Sundance Institute**. Across all mediums, Nicola gravitates towards stories that uplift underrepresented voices, hold space for emotional honesty, and illuminate the quiet, often unseen moments that shape human connection.

Crew & Key Collaborators

Melanie Pieper - Animator

Washington State

Mechanical engineer by day, cartoonist by night, Melanie is Nicola's twin sister and longtime creative inspiration. Her original animation brings vital visual depth to *All That She*, weaving seamlessly into and elevating the film's poetic tapestry. Initially intended to be interspersed throughout the film, her animation proved so powerful and cohesive that it became essential to feature the piece in its entirety, allowing it to unfold as one unified, expressive moment.



Bex Morgan - Music Composer & Performer

Washington State

Bex is a senior project engineer by profession and a talented songwriter and musician in her personal time. She met Nicola at university in Oregon and has been a close collaborator and friend since. Bex composed the original soundtrack for *All That She*, playing a crucial role in defining the film's emotional tone. She and Nicola worked closely on several iterations to craft the music's final composition— Bex creating music so perfectly attuned to the film's tone that it's now hard to imagine *All That She* without it.

Noellie Nemoto - Dancer & Choreographer

Los Angeles, CA

A professional dancer and trusted friend of Nicola's, Noellie's artistry and perseverance inspires Nicola both personally and creatively. Her choreography, originally designed for a selected section of the poem, became so powerful that it was woven throughout the film, becoming a central thread that deepens *All That She's* rhythm, tone, and emotional texture. Noellie's movement adds a physical language to the poem's voice, embodying vulnerability and strength in a visceral manner.



Behind-the-scenes note: All collaborator photos were provided as contributions to the film, as they are also poem-reading collaborators. These photos were inspired by their sections of the poem they helped bring to life

Awards & Recognition

Award of Recognition - IndieFEST Film Awards (2025)

All That She | Viewer Impact: Motivational/Inspirational & Women Theme

Award of Recognition - Best Shorts Competition (2025)

All That She | Experimental Category

Special Mention - One-Reeler Short Film Competition (2025)

All That She

Best Short Screenplay - Montreal Women Film Festival (2025)

Fibromywhatnow?

Official Selection - Reel Women International Film Festival in Nigeria (2025)

All That She

Best Director Nominee - Fox Film Festival

Blind Date

2nd Place - BEA National Screenwriting Competition

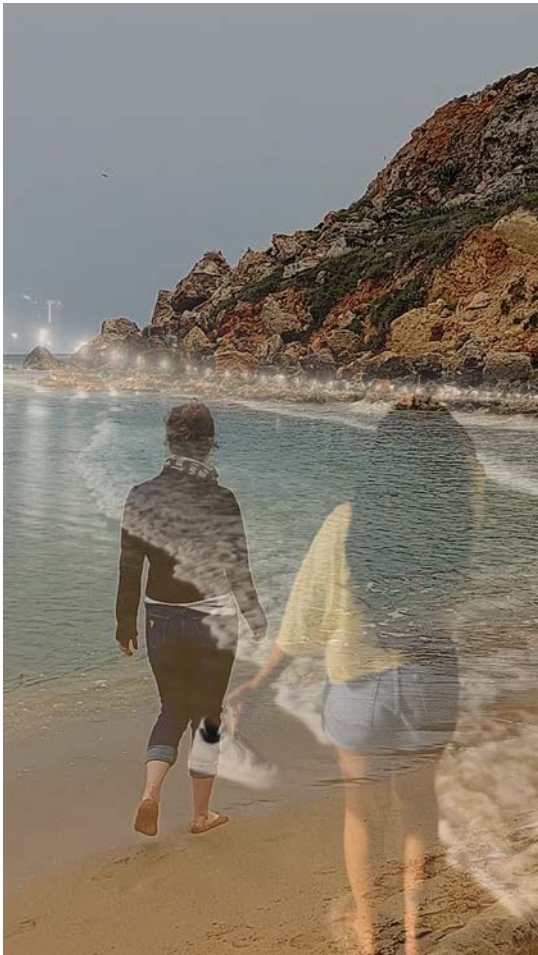
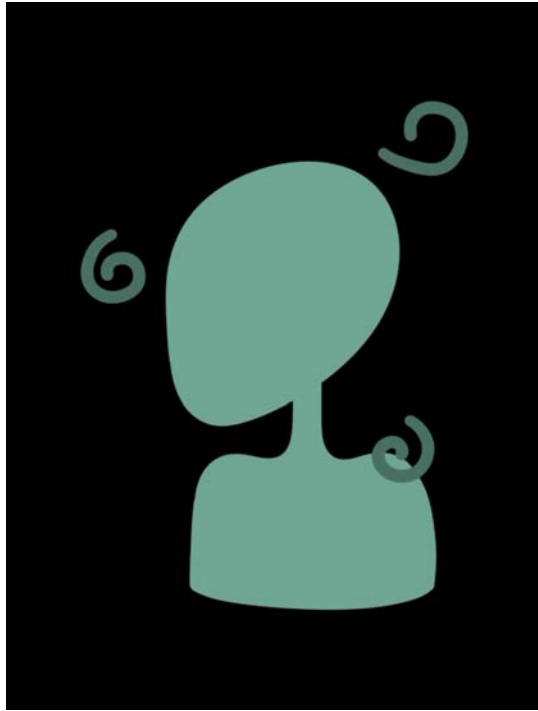
Spec Screenplay Category

Technical Specifications

Field	Details
Title	<i>All That She</i>
Genre	Experimental/Poetry/Lyrical/Female-centered
Runtime	5 minutes, 56 seconds
Completion Date	2025
Format	HD/16x9/Color
Language	English
Subtitles	English subtitles embedded
Country of Origin	United States
Filmed Locations	United States, (Washington State, California, Oregon, Maryland, Pennsylvania, Virginia, New Mexico) Chile, Germany, Austria, South Korea, England, Malta



Animation by **Melanie Pieper**
All That She

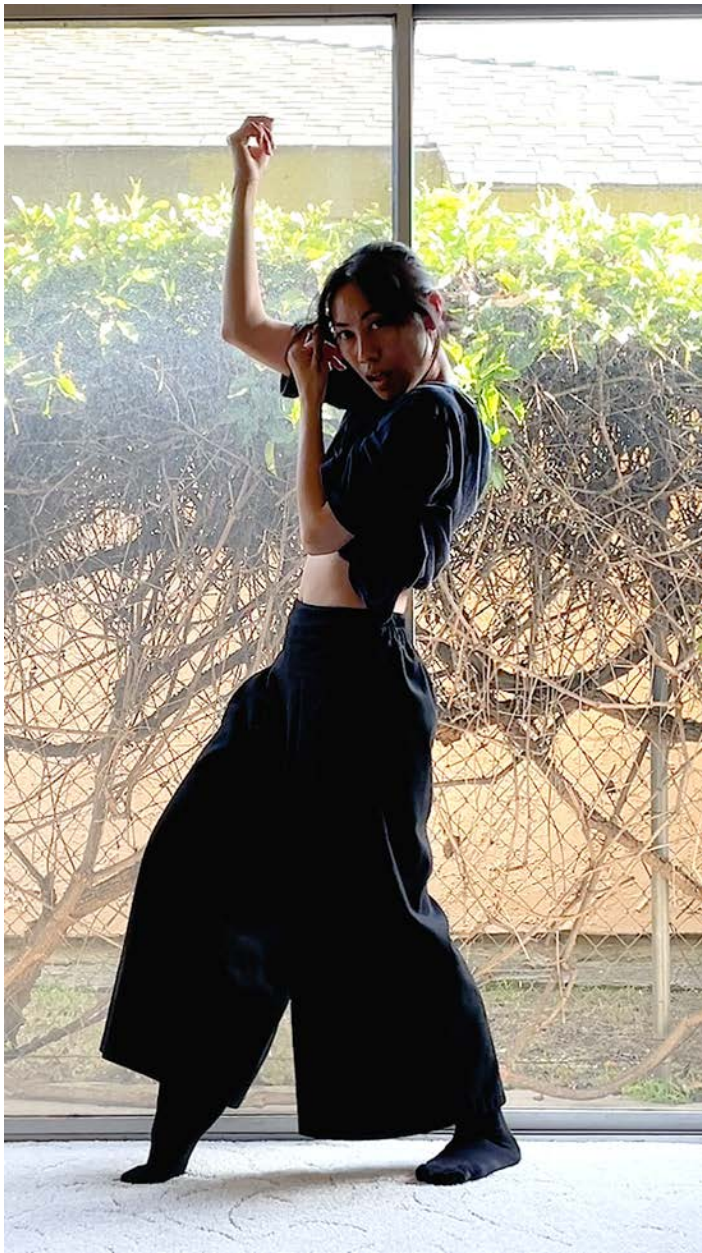


“Alone Yet Together” — *All That She*

(Pictured: **Maren Kuchenbrod & Cata Lima**,
Located in Malta & Chile)

***ALL
THAT
SHE***





Dance by **Noellie Nemoto**
All That She

“Bulldozer when Triggered”
All That She

(Pictured: **Evelyn Wangsa**)





BTS: Roommates **Nicola Pieper** and **Alexa Gabriel** (both contributors to *All That She*) stand, proud, in front of their art wall after putting it up. This art wall was the first spark of inspiration for the poem, *All That She*, which is the poem at the base of our film.

(Pictured Below: Abby Dengler, Hannah Yang, Jacqui Carpenter, Josephine Ullman, Amanda Halim, Amy Kress)



Creative Process BTS:

Women from all over the world sent in phone footage. This meant a variety in phone type, camera & sound quality, location challenges, moods, and styles. But this was all part of what brought the whole tapestry together as a whole: embracing each woman where she's at

Side Note: It did make sound editing a challenge...

Worth it!



[*"We may encounter many defeats, but we must not be defeated." - Maya Angelou*]

Thank you for spending time with *All That She*.

All That She began as a deeply personal exploration and labor of love— a quiet reflection and celebration of the women in my life and of women in general. But as the project grew, so did my hope: that the film might resonate with others, offer moments of recognition and feelings of being understood, and leave women and people everywhere to feel valued and connected.

I'm deeply grateful for any space you offer for *All That She* to be seen, shared, and simply considered.

For interviews, materials, or festival inquiries, please contact:

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