



Unapologetic Edge

"What was resilience has curdled into resentment"

That's the moment. I speak to what happens in that gap.

Who I am

Trauma therapist, life and parenting coach, and sociologist. Mother of four neurodivergent daughters diagnosed late. I've burnt out as a mother, leader, and corporate professional. My breakdown became my comeback—and my work.

I bring nervous system science, lived experience, and cultural truth-telling to conversations about perimenopause, burnout, parenting neurodivergent kids, and rebuilding connection in isolated families.



Philippa Scott

Trauma Therapist · Life & Parenting Coach · Speaker · Author

What I speak about

Perimenopause as a reckoning – When biology refuses the cultural lies we've been sold and resilience starts to taste like resentment.

Burnout isn't personal failure—it's systemic – Why isolation, perfectionism, and toxic cultures reshape our nervous systems and our families.

Late diagnosis, grief, and discovery – Parenting neurodivergent children, especially when diagnosis comes late. And realising you might be neurodivergent too.

The loneliness crisis is structural – We've built cultures that reward self-sufficiency at the exact moment humans need community most.

The simple truth – We're wired for connection. Everything breaks or flows from there.

Where to find me

Unapologetic Edge –
www.unapologeticedge.com

Fantastic Futures –
www.fantasticfutures.com.au

Unapologetic Edge: Perimenopause, Motherhood & Burnout - Podcast

The Family Architect Podcast –
All major platforms

Bringing nervous system science, trauma resolution, and cultural truth-telling to conversations that matter.