

Luke Foster: Introduction for Event Organiser / Host / MC

Today, we're tackling a topic that touches everyone - mental health.

But this isn't your typical talk.

Luke Foster brings nearly 20 years of experience as a psychologist - from serving as an Army psychologist to working with global corporations and navigating his own mental health challenges. He's seen it all: the resilience, the grit, and the raw struggles that define the human experience.

He's also spent close to a third of his life studying - completing a Bachelor of Psychology (Honours), a Master of Business, and a Master of Clinical Psychology. Needless to say, he's read the odd textbook, the odd scientific paper, the odd peer-reviewed journal.

But what he's adamant about is this: the best textbooks, the most powerful learnings in his life, have come from the thousands of hours he's spent in the therapy room - speaking with people from all walks of life. From a 10-year-old boy with autism to a 95-year-old living with anxiety, and everyone in between.

What sets Luke apart is his ability to cut through the noise. No fluff. No sugar-coated clichés. Just sharp insights, dry Aussie humour, and practical strategies that work in the real world.

He makes mental health relatable, actionable, and real.

Please join me in welcoming Luke Foster.