

Luke Foster: Short Bio

Mental Health: Less Noise. More Action.

Mental health isn't just about avoiding illness - it's about living a life that feels meaningful; being *less miserable, more often*.

With nearly two decades of experience spanning military, clinical, and organisational psychology, Luke Foster delivers raw, no-nonsense talks that strip away the fluff and focus on what actually works.

He's worked with frontline soldiers, high-risk industries, corporate teams, and everyday Australians - helping them stay sharp under pressure, navigate challenges with resilience, and support those around them without burning out in the process.

As an Army psychologist in Afghanistan and East Timor, Luke saw firsthand what real resilience looks like. Later, he co-founded one of Australia's first thriving online psychology practices, breaking down barriers to mental health care long before it was the norm.

Luke's talks aren't filled with academic jargon, psychobabble, or hollow motivation (though some warm and fuzzies are likely to be experienced). They're practical, relatable, and grounded in real-world experience - delivering sharp insights and actionable strategies that make tough conversations less awkward and more useful.

And because mental health doesn't have to be all doom and gloom, Luke brings his trademark dry humour - helping people engage, reflect, and walk away with something that sticks.