

# MC Introduction

## MC Tone Guide

Deliver this intro with light sarcasm and dry Aussie humour.

No big performance. No cheesy hype.  
Just relaxed and slightly cheeky - like you're letting the audience in on the joke.

Deadpan delivery makes the funny lines land (mind-reading, salt lamps, houseplants).

Keep it warm, human, and conversational - not formal.

The vibe is simple:

**“This won't be your typical mental health talk - you can breathe.”**

## MC Introduction Script

Ladies and gentlemen, brace yourselves - because our next speaker is not your stereotypical psychologist.

Luke Foster started his career as an **Army psychologist** - which proves psychologists do occasionally leave softly lit rooms... and sometimes end up in war zones instead of therapy offices full of Himalayan salt lamps.

Since then, he's worked pretty much everywhere humans are stressed, overwhelmed, or insisting *“I'm fine.”*

Private practice, psychiatric units, schools, and workplaces across the country.

He's got more degrees than most people have houseplants... but what he's really known for is cutting through psychobabble and explaining mental health in a way that's practical, relatable, and occasionally very funny.

After thousands of hours in therapy rooms and years studying human behaviour, Luke has made one profound, Nobel-Prize-worthy discovery:

**Mental health affects all of us.**

...well, all of us with a brain, at least.

So strap in - and please welcome **Luke Foster**.