

Luke Foster - Short Bio

Mental Health: Less Noise. More Action.

Luke Foster believes mental health isn't just about avoiding illness - it's about living a life that feels meaningful. Being less miserable, more often.

A psychologist with nearly two decades of experience across military, clinical, and organisational settings, Luke 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 people stay sharp under pressure, navigate challenges with resilience, and support those around them without burning out.

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

Luke's talks aren't filled with academic jargon, psychobabble, or hollow motivation. They're practical, relatable, and grounded in real-world experience - delivering sharp insights and actionable strategies that make tough conversations less awkward and far more useful.

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