



KEYNOTE SPEAKER

Luke Foster

Psychologist · Army veteran · LIVIN advisor

mental health, minus the fluff.



Real talk that actually lands

Luke is a registered psychologist of 20 years who also served almost a decade in the Army, including operational deployments. He's worked with frontline troops, mining crews, boardrooms and hospital teams, co-founded one of Australia's first online psychology services, and is Mental Health Advisor to LIVIN. Big psychological ideas in plain English, with honesty, dry humour and zero judgement.

FORMAT

Keynote · 50 min (45–60)

BASED

Gold Coast, Queensland

TRAVELS

Australia-wide and internationally

Pick the angle that fits your crowd

When Someone Says, "I'm Not OK"

How to respond with confidence and care, without burning yourself out.

Best for: HR, team leaders, conferences

Someone's Struggling. You Give a Sh*t. Now What?

A no-nonsense guide to backing a mate through the rough stuff.

Best for: mining, construction, transport, defence

More Than Posters and a Cupcake

Spot burnout early, start real conversations and make action the standard.

Best for: HR, WHS leaders, whole-of-workforce events

"Luke blends expertise and humanity in a way that inspires and grounds a room."

CEO Australia & New Zealand,
Unilever

"Some of the boys didn't even want to attend – then said it was the best session they've had at Hastings."

Site Manager, Hastings Deering

"He was the talk of the hospital the next morning – uplifting, real, and full of heart."

Senior Midwife, Mercy Health

TRUSTED ON SITE AND ON STAGE

Unilever

colesgroup



MinterEllison.

Queensland Law Society.



HUTCHINSON BUILDERS

BESIX Watpac

Hastings Deering



snap fitness 24/7

Book Luke for your next event

Keynotes Australia-wide and internationally

luke.lukefoster@gmail.com

+61 413 850 166

lukefoster.com.au