

Feedback Request: Stress Management Workshop

Dear [Participant's Name],

Thank you for attending our recent Stress Management Workshop on [Date]. We hope you found the session informative and beneficial.

As we strive to improve our workshops, we would greatly appreciate your feedback. Please take a moment to share your thoughts on the following:

- What did you find most helpful about the workshop?
- Were there any topics you would have liked to explore further?
- How would you rate the overall experience?
- Any other suggestions for improvement?

Your feedback is invaluable to us and will help enhance our future programs. Please reply to this email or complete our feedback form at [Link to feedback form].

Thank you once again for your participation!

Sincerely,

[Your Name]

[Your Position]

[Your Organization]

[Contact Information]