Dear [Interviewer's Name],

I hope this message finds you well. I wanted to express my gratitude for the opportunity to interview for the [Job Title] position at [Company Name]. It was a pleasure discussing my qualifications and learning more about the exciting projects at your company.

As part of the application process, I wanted to kindly ask if you would be willing to provide a reference on my behalf. I believe that your insights about our conversation and my skills would be invaluable in highlighting my suitability for the role.

If you agree, I would be happy to provide any additional information you might need. Thank you very much for considering this request.

Best regards,

[Your Name]

[Your Phone Number]

[Your Email Address]