Subject: Request for Networking Reference

Dear [Recipient's Name],

I hope this message finds you well. I am reaching out to ask if you would be willing to provide a reference for me as I pursue new opportunities in [specific field or job role].

Having worked with you at [Company Name or Context], I truly value your insight and believe that your perspective on my skills and contributions would greatly benefit my prospects.

If you are comfortable with this, please let me know, and I can provide any additional information you might need.

Thank you very much for considering my request. I really appreciate your help!

Best regards,

[Your Name] [Your Email Address] [Your Phone Number]