

# Reference Request for Teamwork Abilities

Dear [Recipient's Name],

I hope this message finds you well. I am writing to kindly request a reference letter as part of my application for a residency program at [Program Name]. As a crucial aspect of my application, I would greatly appreciate it if you could highlight my teamwork abilities.

During my time at [Your Institution/Organization], I had the pleasure of working alongside you in [specific setting or project]. I believe you can provide valuable insights into how I collaborate with others, manage conflict, and contribute to a supportive team environment.

If you agree to assist me with this reference, I would be happy to provide any additional information about the residency program or specific experiences you might want to mention.

Thank you very much for considering my request. I truly value your support and guidance.

Sincerely,  
[Your Name]  
[Your Contact Information]  
[Your Current Position/Program]