Dear [Recipient's Name],

I hope this message finds you well. I wanted to take a moment to express my heartfelt gratitude for the opportunity to discuss my career prospects with you during our recent meeting.

Your insights and advice were incredibly valuable, and I appreciate the time you took to share your experiences and thoughts with me. It helped me gain a clearer perspective on my career path, and I feel more confident moving forward.

Thank you once again for your kindness and support. I look forward to keeping in touch and updating you on my progress.

Warmest regards,

[Your Name]

[Your Contact Information]