

Letter of Intent

Date: [Insert Date]

To Whom It May Concern,

I am writing to express my intent to join the upcoming Anxiety Coping Skills Workshop scheduled for [insert date]. I believe that this workshop will provide me with valuable tools and techniques to manage my anxiety effectively.

Having faced challenges related to anxiety in my daily life, I am eager to learn from experienced facilitators and connect with others who share similar experiences. I am particularly interested in the strategies that will be covered, including [mention any specific skills or techniques you hope to learn].

Thank you for considering my application. I look forward to the opportunity to participate in this workshop and enhance my coping skills.

Sincerely,

[Your Name]

[Your Contact Information]