Request for Constructive Criticism

Dear [Recipient's Name],

I hope this message finds you well. Following our recent meeting on [Date], I would like to request your constructive criticism regarding my contributions and any aspects of the discussion that you believe I could improve upon.

Your feedback is invaluable to me as I strive to enhance my performance and work more effectively with the team. I am particularly interested in your thoughts on [specific areas or topics].

Please feel free to be candid; I appreciate your honesty and perspective. Thank you for taking the time to provide your insights.

Best regards, [Your Name] [Your Position] [Your Contact Information]