

Dear [Mentor's Name],

I hope this message finds you well. I am reaching out to request your assistance with a referral. As I explore new opportunities in [specific field or job role], I believe that a recommendation from you would significantly enhance my prospects.

Your insights into my skills and accomplishments during our time working together at [specific place or project] would provide valuable context to potential employers. If you feel comfortable doing so, I would be immensely grateful for your support in this matter.

Thank you very much for considering my request. Please let me know if you need any additional information or if there's anything I can provide to assist you.

Warm regards,

[Your Name]

[Your Contact Information]

[Your LinkedIn Profile (if applicable)]