

# Feedback Request

Dear [Participant's Name],

Thank you for attending the Mental Wellness Workshop on [Date]. We hope you found the session beneficial and engaging.

To help us improve future workshops, we would greatly appreciate your feedback. Please take a few minutes to share your thoughts about the following:

- What did you find most helpful in the workshop?
- Were there any topics you would like to see covered in the future?
- How would you rate the overall experience?

Your insights are invaluable to us as we strive to enhance our programs. Please send your feedback by [Feedback Submission Deadline].

Thank you once again for your participation!

Best regards,

[Your Name]

[Your Position]

[Your Organization]

[Contact Information]