

Dear [Coworker's Name],

I hope this message finds you well. I wanted to take a moment to express my support for your career transition and to offer my assistance in any way that might help you during this time.

If you would like, I would be happy to connect you with my network of contacts in [specific industry/field]. I believe they could provide valuable insights and potential opportunities that align with your career goals.

Additionally, if you need someone to review your resume or prepare for interviews, please feel free to reach out. I am here to help and would be glad to offer my perspective.

Let me know how you would like to proceed. I firmly believe in your skills and the value you can bring to any organization, and I want to support you in this journey.

Best regards,

[Your Name]

[Your Job Title]

[Your Contact Information]