Hello \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. My name is \_\_\_\_\_\_\_\_\_\_\_\_. Currently, I am a [career stage] in [field]. I found you on [networking resource]. I’m interested in learning more about [your career path/your career/your organization]. I wonder if you would have 15-30 minutes to share with me information about your career, any advice, or career-related ideas.

Thank you for your assistance,

Name, Phone #