```
[Your Name]
[Your Address]
[City, State, Zip Code]
[Email Address]
[Phone Number]
[Date]
[Recipient's Name]
[Recipient's Title]
[Company/Organization Name]
[Company Address]
[City, State, Zip Code]
Subject: Consent Letter
Dear [Recipient's Name],
I, [Your Name], hereby give my consent for [specific purpose or activity]
in relation to [relevant details or context].
[Optional: Include any specific conditions or guidelines related to the
consent.]
This consent is valid from [start date] to [end date].
Thank you for your attention to this matter.
Sincerely,
[Your Signature (if sending a hard copy)]
[Your Name]
[Your Position/Title (if applicable)]
```