Simple Business Suggestion Email from Employee to HR

Subject: Suggestion for Staff Wellness Initiative

Dear [HR Manager's Name],

I hope you're doing well. I'd like to suggest introducing a short wellness break during work hours to encourage relaxation and better focus among staff. Even a 10-minute pause could greatly improve morale and productivity.

It's a small change that could bring noticeable results. I'd love to hear your thoughts on this idea.

Kind regards,

[Your Name]

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