

Reconnecting with a Lapsed Contact

LinkedIn Message

Hi [Name],

I hope you're doing well! I was thinking about our conversation from [timeframe] and wanted to reach back out. I took your advice on [something they suggested] and it's been really helpful. I'd love to catch up briefly if you ever have a few minutes.

[Your Name]

Email

Subject: Checking back in - [Your Name]

Hi [Name],

I hope you're doing well! I realize some time has passed since we last spoke, and I wanted to reach back out with an update.

Since our conversation in [month/season], I've [brief update — e.g., completed an internship, started a new course, applied to X, taken your advice on Y]. I've been thinking about [something they mentioned or a question that's come up since] and would love to reconnect if you have a few minutes sometime.

No pressure at all — I just wanted to stay in touch and let you know how things have been going.

Thanks again for your time and advice earlier this year.

[Your Name]

[Email] | [LinkedIn URL]