```
**Introduction:**
1. **Greeting:**
- "Hello everyone,"
2. **Acknowledgment of Situation:**
- "I wanted to take a moment to address the recent situation
concerning..."
**Body:**
3. **Acceptance of Responsibility:**
- "I acknowledge that my actions/words have caused... and I take full
responsibility for them."
4. **Expression of Regret:**
 - "I deeply regret how this has impacted..."
5. **Explanation (if appropriate):**
 - "This happened because... though it's not an excuse, I believe it's
important to provide context."
**Conclusion:**
6. **Commitment to Making Amends:**
- "Moving forward, I am committed to... and ensuring such mistakes are
not repeated."
7. **Promise of Action:**
- "I am implementing... as steps towards restoring trust and improving."
8. **Gratitude:**
- "Thank you for your understanding and patience as I work to make
things right."
9. **Closing:**
 - "Thank you for giving me this opportunity to apologize.
```