Ladies and gentlemen,

I stand before you today with a heavy heart, aware that my actions have caused disappointment and hurt. I am truly sorry for what happened, and I take full responsibility for my actions. It was never my intention to cause any harm, and I deeply regret any pain I have caused.

I understand the impact my actions have had, and I am committed to making things right. I am learning from this experience and promise to do better in the future. Thank you for giving me the chance to address this, and I hope to rebuild your trust over time.

Thank you for listening.