

VIA CERTIFIED MAIL / RETURN RECEIPT REQUESTED

Date: [Date]

To: [Former Associate Name]
[Former Associate Address]
[City, State, Zip Code]

RE: NOTICE TO CEASE AND DESIST - BREACH OF RESTRICTIVE COVENANTS

Dear [Former Associate Name],

It has come to our attention that your recent activities are in direct violation of the [Employment/Independent Contractor] Agreement you signed with [Company Name] on [Date Agreement was Signed].

Specifically, your Agreement contains the following restrictive covenants:

- **Non-Compete:** You agreed not to engage in [Description of Restricted Business Activities] within [Geographic Area] for a period of [Time Period] following your departure.
- **Non-Solicitation:** You agreed not to solicit or attempt to influence any clients, customers, or employees of [Company Name] for a period of [Time Period].

We have received evidence indicating that you have [Description of Violation, e.g., contacted client X or started employment with competitor Y]. These actions constitute a material breach of your contractual obligations.

DEMAND IS HEREBY MADE that you immediately:

1. Cease and desist from any further solicitation of [Company Name] clients, customers, or employees.
2. Cease and desist from any competitive activities as defined in your Agreement.
3. Provide written confirmation by [Deadline Date] that you have ceased these activities and will comply with your obligations moving forward.

Failure to comply with this demand will leave [Company Name] with no choice but to pursue all available legal remedies, including seeking injunctive relief and monetary damages, without further notice to you.

Please govern yourself accordingly.

Sincerely,

[Your Signature]
[Your Name]

[Your Title]
[Company Name]