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**COM231-B220**

**Demonstration Speech Reflection**

How to make Jamaican Oxtail

Reflecting on my demonstration speech on how to make Jamaican oxtail, I can say that the experience was both challenging and rewarding. Before delivering my speech in class, I made sure to practice giving the speech multiple times. I practiced in front of my wife, who provided me with valuable feedback on my delivery and presentation. She pointed out areas where I needed to improve, such as speaking clearly and confidently, as well as maintaining eye contact with the audience.

During my speech, I applied two concepts from the textbook that I believe did well. The first concept was using flash notes to help guide my speech. I made sure to write down key points and steps in making Jamaican oxtails on index cards, which allowed me to stay on track and organized throughout the demonstration. This helped me to maintain a good flow of information and ensured that I did not miss any important steps in the cooking process.

The second concept that I used was maintaining eye contact with the audience. As suggested by the textbook, I made a conscious effort to look at my classmates while delivering my speech. This helped me to establish a connection with the audience and keep them engaged throughout the demonstration. I noticed that maintaining eye contact also helped me to feel more confident and in control of the presentation.

However, there were also areas where I could improve based on my performance. One concept that I could strengthen is my vocal delivery. While I spoke clearly and at a moderate pace, I realized that I could vary my tone and volume to add more emphasis and interest to my speech. By practicing different vocal techniques, such as using pauses for effect or adjusting my pitch, I can make my delivery more dynamic and engaging for the audience.

Another area for growth is my use of gestures and body language. I notice that I was somewhat stiff and reserved during the demonstration, which may have detracted from the overall presentation. By incorporating more gestures and movement into my speech, I can enhance the visual aspect of my communication and make the demonstration more interactive and memorable for the audience.

In conclusion, reflecting on my demonstration speech on how to make Jamaican oxtail, can see both strengths and areas for improvement in my delivery and presentation. By practicing specific speaking concepts, such as using flash notes and maintaining eye contact, I was able to effectively communicate the information to the audience. Moving forward, I will work on strengthening my vocal delivery and using gestures to enhance the overall impact of my speeches. This experience has taught me valuable lessons on effective communication, and I look forward to applying these skills in future presentations,