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Demonstration Speech Self Analysis

In the speech ‘How to be a Starbucks Barista’ had a strong opener, it was delivered loud, clear and confidently. In the introduction, the attention getter was said, the topic was revealed, credibility established and the preview was stated. In future speeches, I will attempt to practice more, I didn't have the best establishment of eye contact. The body of the speech followed a chronological order, elaborating on the parts that need to be explained. In this speech, I provided two citations of the stats I used in the intro, and also the parts of espresso. I had multiple other citations, I did not use them because I am very new to using visual aids. I prepared them and had them in my speech, I just forgot to show them. I showed enthusiasm in my voice, but much of the time, my eyes and face were facing my note cards. I believe the reason for this is I did not know my speech well enough to keep eye contact with my audience. This caused my face to not look enthusiastic, after reviewing this video, I was disheartened by my posture while I was delivering it. I was in a slouched position in one place, my shoulders where turned slightly giving an awful look. To prevent this in the future, I will video myself practicing, to notice if I still am in that hunched over, turned position. I met both parts of the conclusion, but it was very rough ending, I did not practice the conclusion well enough where it could be said while having eye contact. Instead, I read the conclusion from my notes and instead of saying my closure, I said thank you. Causing a very abrupt ending. There were many things wrong with my speech, my notecards were brief but poorly written, some being too small, and others being too sloppy to effectively read. Before the speech I had made fantastic note cards, they were well written and practiced with. But upon me rushing out the door, I had forgotten my notes and my flash drive that contained my presentation. Next speech I hope to remember these things. That being said, watching my speech taught me many things, I learned my posture I discussed earlier, I found I tend to talk very fast causing me to stutter. I also noticed how unorganized I was with my note cards. But thankfully I also found some strengths, I tend to have good enthusiasm in my voice as I speak, and if I can slow down my voice is clear. To prepare for future speeches, I hope to practice more and be more familiar with note cards and PowerPoint.