

## Demonstrate how to work with POST requests.

The screenshot shows the Postman application interface. The left sidebar displays a collection named 'Phase3-lesson2-APITesting' with a sub-collection 'HTTPMethods-Demo'. The 'POST PostMethod-demo' request is selected. The main panel shows the request configuration for a POST method to the URL 'https://api.postman.com/workspaces'. The 'Body' tab is active, showing a JSON payload in a text editor:

```
1 {
2   "workspace": {
3     "id": "8c2a4566c97b-109d-4cb2-839b-489dd1e8898c",
4     "name": "Delete Workspace",
5     "type": "personal",
6     "visibility": "personal"
7   }
8 }
```

The 'Response' section is empty. A cartoon character is visible in the bottom right corner.

The screenshot shows the Postman application interface with the 'Headers' tab selected for the 'POST PostMethod-demo' request. The 'Headers' tab shows a table of headers:

Key	Value	Description
Accept-Encoding	gzip, deflate, br	
Connection	keep-alive	
x-api-key	{{PMapikey}}	

The 'Response' section is empty. A cartoon character is visible in the bottom right corner.