Form 144 Filer Information

UNITED STATES
SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

Form 144

FORM 144

NOTICE OF PROPOSED SALE OF SECURITIES
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

144: Filer Information

Filer CIK	0001548312
Filer CCC	XXXXXXXX
Is this a LIVE or TEST Filing?	◉ LIVE ○ TEST

Submission Contact Information

Name
Phone
E-Mail Address

144: Issuer Information

Name of Issuer	Star Equity Holdings, Inc.
SEC File Number	001-38704
Address of Issuer	53 FOREST AVENUE SUITE 101 OLD GREENWICH CONNECTICUT 06870
Phone	2034899500
Name of Person for Whose Account the Securities are To Be Sold	Jeffrey E. Eberwein

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer	Chief Executive Officer

144: Securities Information

Title of the Class of Securities To Be Sold	Name and Address of the Broker	Number of Shares or Other Units To Be Sold	Aggregate Market Value	Number of Shares or Other Units Outstanding	Approximate Date of Sale	Name the Securities Exchange
Star Equity Holdings, Inc. 10% Series A Cumulative Perpetual Preferred Stock	Clear Street LLC 4 World Trade Center New York NY 10007	23000	214350.53	2369782	12/24/2025	NASDAQ

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

144: Securities To Be Sold

Title of the Class	Date you Acquired	Nature of Acquisition Transaction	Name of Person from	Is this	Date Donor Acquired	Amount of Securities Acquired	Date of Payment	Nature of Payment *

			Whom Acquired	a Gift?			
Star Equity Holdings, Inc. 10% Series A Cumulative Perpetual Preferred Stock (not convertable)	08/22/2025	Merger	Star Operating Companies, Inc. (f/k/a Star Equity Holdings, Inc.)	☐	1182414	08/22/2025	Merger Consideration

***** If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

144: Securities Sold During The Past 3 Months

Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Gross Proceeds
Jeffrey E. Eberwein 53 Forest Ave. Suite 101 Old Greenwich CT 06870	Star Equity Holdings, Inc. 10% Series A Cumulative Perpetual Preferred Stock (not convertable)	12/24/2025	16000	149600
Jeffrey E. Eberwein 53 Forest Ave. Suite 101 Old Greenwich CT 06870	Star Equity Holdings, Inc. 10% Series A Cumulative Perpetual Preferred Stock (not convertable	12/29/2025	2635	24374.28

144: Remarks and Signature

Remarks	The Number of Shares or Other Units To Be Sold stated above of 23,000 on Approximate Date of Sale is inclusive of the shares specified under Securities Sold During The Past 3 Months. The remaining 4,365 shares, of the total 23,000 shares intended to be sold, are estimated to be sold at or around the end of day closing price on 12/29/25 of $9.25, reflected in the Aggregate Market Value Reported, which may differ from the actual price from which the shares are sold.
Date of Notice	12/29/2025

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature /s/ Jeffrey E. Eberwein

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)