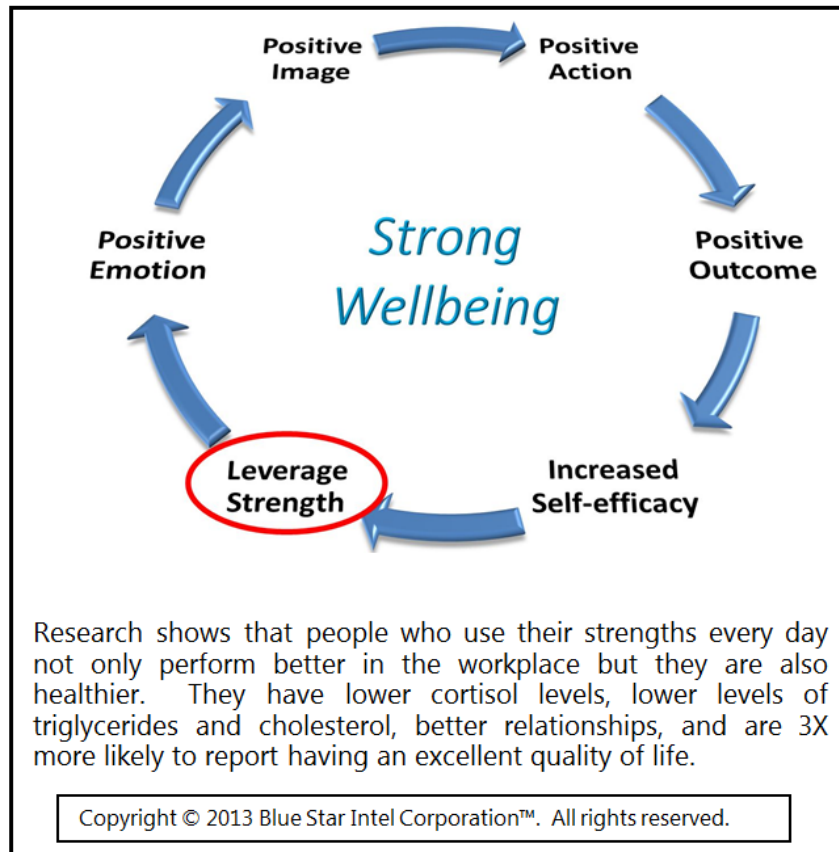




Blue Star Intel Corporation™ leverages advancements in contemporary behavioral economics, positive psychology, and innovative strategy to enable success. Our mission is to build strengths-based organizations, enable superior performance, and increase employee well-being. We do this by helping organizations and individuals understand and apply their strengths.

By leveraging our strengths, we start a chain reaction of physiological events that increase our physical health and mental state. This increase allows us to better harness our energy, creativity, memory, and intelligence. This results in greater self-efficacy, the belief a person has in his or her ability to succeed. This belief strongly influences reality and is the best indicator of performance. People with a strong sense of self-efficacy:

- *View challenging problems as tasks to be mastered*
- *Develop deeper interest in the activities in which they participate*
- *Form a stronger sense of commitment to their interests and activities*
- *Recover quickly from setbacks and disappointments*



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Suggestions to Sustain Your Strengths

1. *Post Your Top-5*
 2. *Review your Strengths with you supervisor / employees*
 3. *Know you colleagues Top-5, observe their behaviors and tie them back to their Strengths*
 4. *Get a Strengths partner for peer coaching and accountability*
 5. *Sign up for the Gallup Business Journal <http://businessjournal.gallup.com/home.aspx>*
 6. *Visit the www.StrengthsCenter.com and take advantage of resources*
 7. *Use the **StrengthsFinder 2.0** book and the section on how to work with people who possess certain Strengths*
 8. *Use the **Now Discover Your Strengths** book and the section on how to manage with people who possess certain Strengths*
 9. *Make a Strengths commitment*
 - a. *One Signature Theme that I want to learn more about and consciously apply more often is...*
 - b. *One thing I will do differently starting tomorrow is...*
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