

# AFOSI Developing Our 300



## What is DO300?

Just like the Spartan military, OSI is a small, lethal, and agile force, working quietly to ensure the safety and security of our nation.

Greek Spartans, known for their lethality, are most famous for their valiant stand against a far superior Persian force in Thermopylae.

The most important piece of equipment a Spartan warrior had was his shield. All other piece of equipment – helmet, spear, and body armor – were designed to protect the individual. However, the shield was used to protect the Spartan unit in battle. It was vital to their survival. It took every member of the unit to hold their shields high, protecting the entire force from the enemy.

Gen. David Goldfein, CSAF #21, referred to OSI as his "300," a comparison to the 300 Spartans who held the line, fighting to the death, during the battle at Thermopylae.

“DO300 was established in August 2019 to reinforce a culture of discipline, accountability, and combat readiness while building resiliency within the Command.

# **Forging a more lethal force. Strengthening Team Unity. Building Resiliency.**

DO300 is a deliberate focus on the health and wellbeing of ourselves, our families and our teammates. The work of building this environment of trust and communication is a daily occurrence. DO300 also builds the space and time to allow us to take tactical pause to focus on us, once a month.

Building trust in personal and professional relationships invites open and honest communication. This can help us become aware of the pressure we are under, and allows our colleagues to support us through challenges. This trust does not develop in one day, but instead grows over time through meaningful actions. DO300 allows us the time and flexibility to focus on developing ourselves and our teams. These team relationships are critical to mission success.

Together, we will develop healthy coping mechanisms to manage the demands of our mission. This is vital to remain healthy and build resiliency – ensuring a mission ready and lethal force.

DO300 reinforces a culture of discipline and accountability to ensure warfighters remain mission ready.

- ❖ **YOU are the most vital resource we have**
- ❖ **YOU are the reason we are successful**
- ❖ **YOU are the heart of this command**
- ❖ **It takes a unified force to remain resilient and lethal**
- ❖ **When *YOU* are strong, *WE* are strong!**

Do not let your stress control you! ***Speak up – Reach out!*** Our foundational Line of Effort – Develop and Sustain an Exceptional Force – demands that we recognize the impact this job has on our mental, emotion, and physical health and act proactively to address early. Long gone are the days of the stigma of seeking mental health support. It is absolutely necessary and expected if we are going to remain a healthy, strong and formidable force.

## **Resources:**

**Military One Source – 800-342-9647 - <https://www.militaryonesource.mil/>**

**AF Resilience Page - <https://www.resilience.af.mil>**

**AFOSI Employee Assistance Service – 571-305-8828/240-429-8459**

**Military/Veterans Crisis Line – 800-273-8255**

**DoD Safe Helpline – 877-995-5247**

**National Suicide Hotline – 800-273-8255**

**UNITE Program – contact your local Force Support Squadron for more information**

