

OSI Developing Our 300



What is DO300?

- Established in August 2019 to change the culture of the Command to a more connected, communicative, and trusted family
- Greek Spartans, known for their lethality, are most famous for their valiant stand against a far superior Persian force in Thermopylae. Just like the Spartan military, OSI is a small, lethal, and agile force, working quietly to ensure the safety and security of our nation. 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.
- General David Goldfein, CSAF #21, referred to OSI as his “300”

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*, *communication* and *respect* 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.

★ Breaking Down Barriers

★ Strengthening Team Unity

★ Building Resiliency

Building trust in personal and professional relationships invites open and honest communication. This can help us all 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 take a break from focusing on our immediate operational mission, and instead focus on developing ourselves and our teams. These team relationships are critical to mission success.

It is important to identify when we are becoming overwhelmed, when tasks are piling too high, and when challenges at home make it hard to focus on work. Together, we will develop healthy coping mechanisms to address the environment we work in. This is vital to remain healthy and build resiliency – allowing us to grow and get through the next challenging obstacle.



DO300 is the vehicle that will carry us toward a level of connectedness in the workplace that will foster an environment of trust and open communication and respect. Building a safe environment for us to operate in will ensure mission success through keeping our most valuable weapon system – **YOU** – strong.

YOU are the most vital resource we have

YOU are the reason we are successful

YOU are the heart of this command

It takes the entire family to ensure we stay strong, 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>

OSI Employee Assistance Service –

Margaret Swank – 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 (to get funding for events)

