

# APPLICATION FOR APPOINTMENT – Martin County Board of Zoning Adjustment – Please Print

Check One:  Mr  Mrs.  Ms.  Miss  Dr.

RECEIVED

By Donna Gordon at 7:46 am, Dec 11, 2024

Name: *Ashley Froehling*

Residence Address: *1396 NE Flora Pl. Jensen Beach, FL 34957*

Mailing Address:

(if different) Street - City - Zip Code Commission District in which you reside: Staff will complete. <sup>1dg</sup>

Are you available year round to attend meetings?  yes  no If **no**, what months **are** you available?

Have you been a Martin County registered voter for at least one year?  yes  no

Telephone numbers: daytime: alternate: alternate: 904-591-7719 Area Codes are considered 772 unless you note otherwise.

EMAIL: *AshleyFroehling@gmail.com*

Have you ever pled guilty or "no contest" to a crime, been convicted of a crime, had adjudication withheld, prosecution deferred, been placed on probation, received a suspended sentence or forfeited bail in connection with any offense (except minor traffic violations)? Please show all convictions, including driving while intoxicated (DUI) convictions.  yes  no If yes, please provide the following information:

TYPE OF OFFENCES:

DATES:

PLACES (city/state):

SENTENCES OR FINES:

*A conviction record does not necessarily disqualify you for consideration. Factors such as age at time of offense, nature of violation, and rehabilitation will be considered. The Martin County Board of County Commissioners retains the right to remove, at will, any appointee to a Board or Committee with or without cause.*

**EDUCATION/EXPERIENCE:** A resume is recommended to be attached containing this and any other information that would be helpful to the Board in evaluating your application. Resume or letter of qualifications attached?  yes  no

*Education: B.S Science of Health, Nutrition from University of North Florida, 2009*

*Employment Experience: Currently Homeschool Mom of 5 children and Chief Operating Officer of Froehling Household.*

Owner Operator of Recover Your Core, a fitness business specializing in perinatal pelvic floor and core recovery.

Nutrition Educator & Group Fitness Instructor

 CONTINUED 

**Other experience** you feel would be helpful to the Board in making this appointment:

*Initiated and led the "Slow Down Skyline Heights" neighborhood coalition in 2018 to implement traffic calming solutions to improve the safety of our neighborhood. We successfully changed the junction at Sandra dr. & Skyline dr. to decrease speed of drivers, as well as built splitter islands on Sandra dr. & Linda dr. to continue the traffic calming solutions.*

Community Experience and Affiliations: *Co-founding family of The Oaks Christian Classical Academy in downtown Stuart. During this process, I spearheaded the acquisition of our zoning permit and worked with the Stuart Commission to present the need on behalf of the school, For the last 6 years, I have served various homeschool co-op communities to foster a healthy environment for parent led education in Martin County. I am an active member of the Living Learning Library which is a non-profit repository of vintage children's literature*

Other County Boards/Committees/Task Forces on which you have served:

*Leader of neighborhood traffic calming task force*

*Contributor to various local political candidates campaigns through get out the vote initiatives*

Do you or any member of your immediate family work for Martin County or hold a position that might conflict with your duties for this Board/Committee/Task Force? If yes, please explain: *No*

**REFERENCES:** Please list two references:

*Kathryn Crews, President, of The Oaks Classical Academy*

[katiecrews@theoaksflorida.com](mailto:katiecrews@theoaksflorida.com)

*Stuart Commissioner Christopher Collins*

772-288-5300

- Appointee is required by State Law and County Ordinance to file a Financial Disclosure Statement as part of the appointment process. A County email will be issued to you if appointed.
- Under penalties of perjury, I declare that I have read the foregoing and that the facts stated in it are true. (Pursuant to Section 92.525 Florida Statutes, falsifying this application is a Third Degree Felony punishable by up to five years imprisonment and up to a \$5,000 fine.)
- Florida law prohibits an advisory board member from doing business with its agency (The County). Section 112.313(3) and (7), Fla. Stat.

 Signature: *Ashley E. Froehling*

Date: 12/9/2024

Applications must be filed with Martin County Administration, 2401 SE Monterey Road, Stuart, Florida 34996. All information submitted becomes public record. If you have any questions, please call (772) 221-1352 or send email to [dgordon@martin.fl.us](mailto:dgordon@martin.fl.us).

# Ashley Elizabeth Froehling

1396 NE Flora PL. Jensen Beach, FL 34957

(904) 591-7719

AshleyFroehling@gmail.com

## Key Strengths

Highly relational, people oriented, works well in team setting

Self-motivated and flexible – able to multitask or handle interruptions

Problem solver, does not let obstacles hinder accomplishments

## PROFESSIONAL EXPERIENCE

Chief Operating Officer of Froehling Household

July 2013- Current

### ***Homeschool Mom to 5 spectacular children ages 11, 8, 5,3 and 1***

- » Providing a nurturing, stable, fun, loving home environment for my family through management of many individual schedules, multi-tasking to meet a wide variety of daily needs, and establishing home systems that serve a big family.
- » Daily fostering critical thinking, problem solving, and independent learning skills through developmentally appropriate activities, rich classic literature, and numerous hours of outside play.
- » Designed and executed individually tailored education curriculum for 3 children from Kindergarten-5th Grade.

Owner & Operator of Recover Your Core

February 2015- 2023

### ***Prenatal & Postpartum Fitness Business***

- » Offering group classes and personal training in the Martin County area, designed to prepare women for childbirth as well as equip mom with the tools to recover the pelvic floor and core after birth.

Self Employed, Jacksonville, FL

August 2012- 2015

### ***Group Fitness Instructor, Personal Trainer, & Nutrition Educator***

- › Specialize in pelvic floor and core recovery for the early postpartum mom
- › Qualified and experienced in teaching a variety of fitness classes, including: Cross Fit, Plyometrics, Functional Training, Guns & Buns, Functional Mobility Training, Gentle & Advanced Yoga, Prenatal Yoga, Perinatal Fitness, Postpartum Recovery
- › Skilled in training clients with special needs

University of North Florida, Jacksonville, FL

Jan 2008 – July 2013

### ***Group Fitness Instructor***

- › Certified through AFAA in Primary Group Fitness as well as a Registered Yoga Instructor through Two Suns Rising School of Yoga.
- › Awarded Group Fitness Distinction Award, Instructor of the Semester two consecutive semesters (Spring and Fall of 2008)
- › Certified in CPR/First Aid

Consumer Directed Care, Jacksonville, FL

May 2012- July 2012

***Nutrition Educator for Special Needs Individual***

- › Developed a nutrition education program and fitness plan for a young male with Down Syndrome.
- › Paired companionship with nutrition education to increase the individual's knowledge of nutrition and ability to apply principles for increased health and wellbeing. Consisted of weekly lessons, cooking demos, fitness training and field experiences suitable for learning.

Episcopal Children's Services, Jacksonville, FL

Feb 2010 –Feb 2012

***Health and Nutrition Specialist, Management Team***

- › Managed health and nutrition services for 11 different Head Start and Early Head Start child care facilities concurrently
- › Managed Child Care Food Program through: ordering meals and infant formula, maintaining good relations with food vendor, and training staff on food safety and sanitation
- › Educated parents, children, and staff on health and nutrition principals and develop the company's nutrition education resources viable for ethnically diverse communities
- › Supported children with food allergies in the classroom through developing allergen free menus and outside the classroom through educating parents in hands-on, creative ways
- › Helped vulnerable families with budget grocery shopping techniques and reading food labels

Jackie Shank MS, RD, LD/N, Professor of Nutrition at UNF

May 2008 – Dec 2009

***Recipe Tester***

- › Developed, modified, and tested new recipes for Jackie's first professional cookbook
- › Edited cooking demo videos filmed by the UNF students and shared on YouTube
- › Acquired skills: hands on experience and training on nutrient preservation methods of cooking, food combinations, functional food baking, and insight into the natural approach to nutrition

Carrabbas Restaurant, Jacksonville, FL

Dec 2004 – July 2005

***Server***

- › Cultivated a consistent clientele through professionalism, quality assurance, and customer satisfaction.

**EDUCATION & PROFESSIONAL DEVELOPMENT**

Licensed Florida Health Insurance Agent

October 2015

Personal Training Certification, NSCA

November 2012

Primary Group Fitness Certification, AFAA

February 2012

B.S. Science of Health, Nutrition

July 2004 – July 2009

University of North Florida, Jacksonville, FL

200hr Yoga Certification, Two Suns Rising, Jacksonville, FL

December 2007